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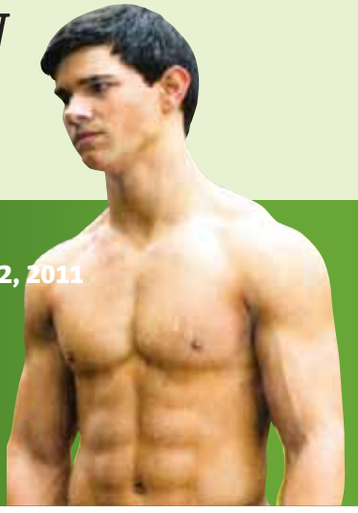
ORIGINAL MOVIE STAR KINGSLEY TO PLAY ONE OF WORLD'S FIRST FILMMAKERS {page 14}

TAYLOR-MADE

FIND OUT HOW TO GET ABS LIKE HIS {page 16}



CALGARY metro®

Tuesday, November 22, 2011
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News worth sharing.

Hard. Hit

▶ Columbus Blue Jackets' Jared Boll checks Calgary Flames' Jay Bouwmeester during last night's game in Columbus, Ohio. The Flames lost 4-1. Story, page 25.

JAY LAPRETE/THE ASSOCIATED PRESS

Jackets hold Flames in check

Province hints at bringing back health premiums

Discussion came as legislature began fall sitting yesterday

Talk of a return to health-care premiums is making the rounds as the province grapples with its red-inked budget in the midst of a tumultuous global economy.

The province says in second-quarter financial numbers released yesterday that it expects to finish the 2011-12 fiscal year next spring with a $3.1-billion deficit — close to what it had forecast in the budget.

The revised numbers are a big shift from three months ago, when officials predicted oil leases and strong oil prices meant the deficit would be almost $2 billion less than the $3.4 billion predicted last spring.

Deputy premier Doug Horner and Finance Minister Ron Liepert said the goal is still to balance the budget by 2013-14, as promised by Premier Alison Redford, without sharp budget cuts that occurred under former premier Ralph Klein in the early 1990s.

Both mentioned that recent roundtable discussions with selected citizens indicated the province should look at new "revenue streams," including a return to health-care premiums.

Those premiums, worth as much as $1 billion to government coffers, were abandoned under former premier Ed Stelmach in 2009.

Opposition critics said Liepert and Horner are laying the groundwork to bring the fees back, but Horner said their return isn't a specific target, just a point of discussion.

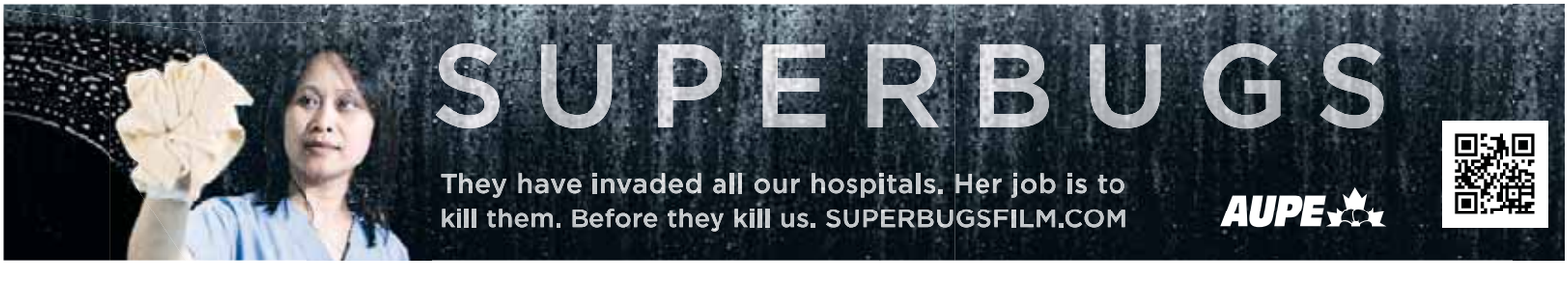
"We're not taking anything off the table except a sales tax — and the reality is that's what Albertans have told us."

NDP Leader Brian Mason said a return to health premiums would cost a family $1,000 a year and hammer middle and low-income earners.

One way or the other, the writing is on the wall for Alberta's neediest, he suggested. "If you're going to balance (the budget) by cutting, you're going to have to balance it in the area where the government spends the vast majority of its money, and that's in health and education." THE CANADIAN PRESS

Wildrose critic

- **Deficit.** Wildrose party critic Rob Anderson said the government is running a deficit because it can't manage its money.
- **Tax increases.** "Albertans are telling us that they're not interested in tax increases," said Anderson. "Clearly no one wants '90s-style, deep, five per cent, across-the-board cuts, but what they are looking for is common-sense austerity."



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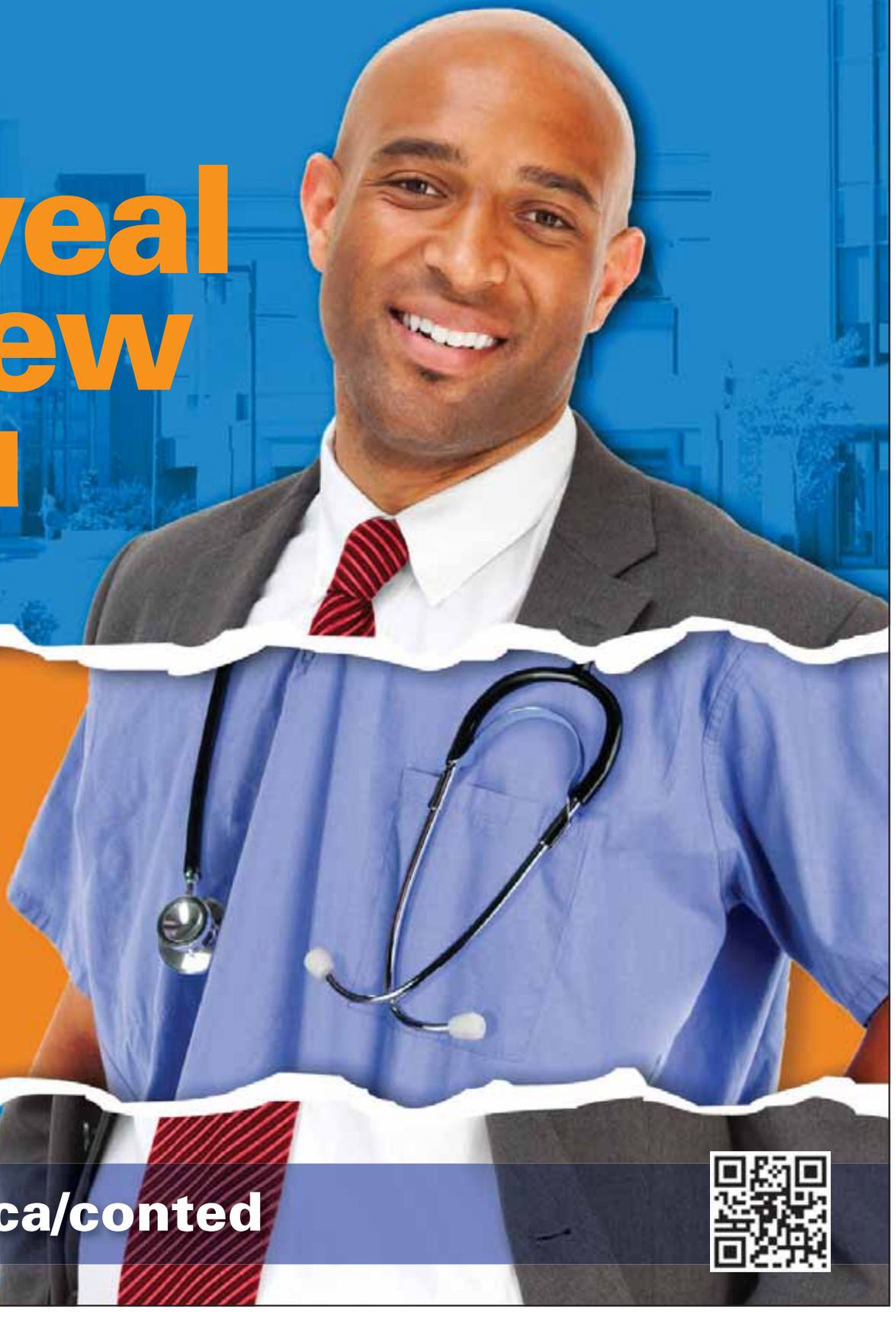

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Bible school working with police after allegations

The president of an Alberta Bible college says the school has nothing to hide and that's why he informed the RCMP about sex-abuse allegations.

Mark Maxwell, president of Prairie Bible Institute in Three Hills, says he brought a file to police regarding allegations said to have occurred between 30 and 50 years ago.

Linda Fossen, who attended the school and college in the 1960s and 1970s, says she has encouraged several alumni members to contact police.

THE CANADIAN PRESS

Cracking down on impaired driving

Alberta is cracking down on suspected impaired drivers with proposed legislation that calls for more mandatory vehicle seizures and licence suspensions.

Under the proposed changes, drivers caught with over the legal limit of .08 for the first time would lose their vehicle for three days and lose their licence until the criminal charge was resolved. They would then have to install an alcohol-screening device for one year — at their cost — to prevent their vehicle from starting if booze were detected. THE CANADIAN PRESS

JEREMY NOLAIS/METRO

▶ Police remained on scene yesterday at a southwest Calgary home long connected to drug problems after a body was found inside late Sunday.

Home where body found has 'disgusting' reputation

- One body inside, another injured in Killarney-area incident late Sunday
- Alderman wants residence with history of drug problems torn down

JEREMY NOLAIS
@METRONEWS.CA

Neighbours of a southwest Calgary home where a body was found late Sunday say they are fed up with crime problems involving the residence that date back six years.

Police have yet to lay charges after arriving on scene late Sunday to find an injured individual on Kilkenny Road Southwest and another dead inside a home on the corner where the road intersects with 37th Street Southwest.

Both men suffered from knife wounds, said Staff Sgt. Doug Andrus.

News of the incident did little to surprise neighbours along the road — many of whom have called police repeatedly in recent years to report crimes involving drugs, prostitution and violence.

"It's disgusting," said mother of three, Bobbie Casello. "They need to bulldoze that home until there's nothing left.... This is why I don't sleep."

The residence, cordoned off with yellow police tape yesterday, was shut down for 90 days in February using a provision in the Safer Communities and Neighbourhoods Act specifically targeting drug houses. Since 2005, police have visited the home nearly 100 times and logged a number of arrests.

Ald. John Mar, who met with concerned citizens last year to discuss problems associated with the home, believes Sunday's incident serves as the final straw.

"Now I think it's absolutely time for us to remove it — destroy the property," he said.

Details

- Police Staff Sgt. Doug Andrus said an individual found injured in front of the home on Kilkenny Road Southwest was in detention yesterday, but his injuries had prevented authorities from conducting a formal interview.
- An autopsy on the body of the deceased individual, believed to be in his late 40s, is scheduled for today.

1 news

The Quebec government announces that a Montreal university will appoint North America's first research chair on homophobia. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

There's plenty of good economic news to be found these days, says Allan Small, and investors should be paying attention to it. More at metronews.ca/investing

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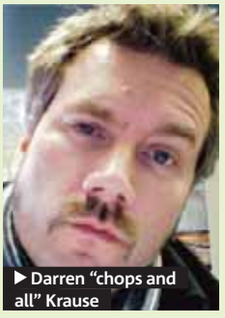
▶ Mike "slow and steady" Morrison


▶ Darren "chops and all" Krause

LOOKING BACK ON MOVEMBER

It's the final week for our competitors. So far they've raised a combined $1,400 for prostate-cancer awareness and prevention, but they still need support.

Mike:
It all comes down to this: Can I beat my editor? While I don't have the bushiest or thickest of moustaches, I think I represent all those follically challenged who said: "Hey, I think I see some sort of hair."

Darren:
I'll be honest, I've always wanted to grow a mo. Movember just gave me a legitimate reason to do it. Stylish 'stache and support from Calgarians.... What more could a man ask for? KATIE TURNER

Cast your vote for Mike or Darren at metronews.ca/calgary

Public weighs in on budget

KATIE TURNER/METRO

▶ Ald. Gael MacLeod stands in council chambers while questioning one of several members of the public at yesterday's council meeting.

About 25 have their say in front of council About Debating begins today

KATIE TURNER
@METRONEWS.CA

Public-interest groups paraded in front of council yesterday, adding to the lengthy list of funding requests before council.

For nearly eight hours, council heard a range of opinions from arts advocates to supporters of low-income transit passes to those wanting to reduce city employee pensions.

"It may take a long time ... but I think it's important that we have that debate," said Mayor Naheed Nenshi.

About 100 suggestions were also submitted online.

"The message that it sends is there is a large body of people that are interested," said manager of transportation, Mac Logan, who received 40 online submissions for his department — 39 related to the cycling strategy.

Ald. Gael MacLeod said she and her colleagues are responsible for sifting through the material.

"It all helps to inform. That doesn't mean we're going to do what everybody wants — we can't," she said. "But it does provide ... a filter through which to read the budget and understand the impact."

Youth singers

- About 50 online submissions were made to the community and protective services department.
- Manager Erika Hargesheimer said the majority of those were in regards to financial troubles faced by the Calgary Youth Singers.

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News in brief

CONTRIBUTED

▶ Johnny Kootenay

High-risk offender warning

DRUMHELLER. RCMP are warning the public about the release of a man previously convicted of aggravated assault.

Johnny Kootenay will be released from the Drumheller Institution tomorrow after serving two years for his crime.

He will be residing on the Morley reserve, west of Calgary, according to a release, and has a long history of violence, including two previous convictions for assaulting a peace officer. METRO

Murder trial delayed

RIETZE. Charged with killing his teenage stepdaughter nearly two years ago, a Calgary man will undergo further medical assessment before his jury trial begins in February.

The trial involving Bradley Wade Rietze was scheduled to begin yesterday. METRO

School bus hits Dalhousie home

NORTHWEST. Emergency responders reported no serious injuries after a school bus veered off a road and crashed into a northwest Calgary home yesterday afternoon.

The bus was carrying 30 children at the time.

There was no word on what caused the bus to veer off course. METRO

Bump in road for cyclist

- Calgary biker returned home last Thursday after injuring himself
- Plans to resume cycling around the world as soon as possible

KATIE TURNER
@METRONEWS.CA

After biking around the world for well over a year, narrowly avoiding being struck by cars and evading robberies, it was a pothole that sent Calgarian Jeremie Blais home.

Blais, 29, quit his job as a computer engineer and set out to ride around Europe in June 2010 but his adventure took him far beyond the eight months he had planned and well beyond European borders.

"The idea was to get to the Himalayas," he said.

Starting out in Stockholm, Blais eventually made his way to Pakistan over a more than 16-month period.

PHOTO CONTRIBUTED

▶ Calgary cyclist Jeremie Blais gives a thumbs-up while travelling through Fethiye, Turkey. Blais was injured earlier this month but plans to get back on the bike soon.

During a moment of "dumb luck" Blais said he hit a pothole while riding down a rural road, sending him over his handlebars, breaking his femur and destroying his bike.

"I can't really come back to Canada and complain about the cold weather and being on crutches because I've seen some mind-blowing things ... so I'm completely satisfied with the trip."

Blais plans to be back on his bike and halfway around the world again as soon as possible.

Blais' ride

- Jeremie Blais chronicled his trip on a blog, which can be found at blaisingsaddles.com.
- Over the course of his trip, Blais visited 23 countries.
- After his injury, Blais said it took 10 days for him to get back to Canada.
- Blais said he's considering a bike trip from Argentina to Alaska.

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Occupy campers told to pack up and leave

Activists in many locations vow the movement will live on, perhaps in some other incarnation Some protesters plan to peacefully resist

NATHAN DENETTE/THE CANADIAN PRESS

▶ City of Toronto bylaw officers are accompanied by police as they place a new batch of eviction notices on tents and structures at the Occupy Toronto grounds in St. James Park, in Toronto, yesterday.

The pan-Canadian wall of corporate resistance erected by Occupy protesters five weeks ago was crumbling yesterday as camps in several major cities were dismantled or told by the courts staying put was futile.

The day began with a judge in Toronto decreeing protesters in a city park were trespassing. It saw Vancouver's activists feverishly tear down their mini-village before some relocated across the street at the courthouse. And it closed with the mayor of Montreal for the first time asking his city's group to vacate.

Protesters in Ottawa were also handed their notice of eviction.

The Edmonton camp was still up despite a midnight Sunday deadline to tear down. THE CANADIAN PRESS

We paid $1,600 to remove a bed at G8 summit

Canadian taxpayers forked out almost $2 million — including more than $1,600 to remove a bed — to spruce up a luxury Muskoka resort for last year's G8 summit.

The renovations included $500 to remove a small light fixture from one room and $3,000 to raise a large chandelier in the main lobby of Deerhurst Resort.

The Harper government picked up the tab, which also included $1,540 to move furniture in rooms used by the German delegation and $1,650 to remove a king-sized bed and headboard from a room used by the French delegation. THE CANADIAN PRESS

No details

- Departmental spokesperson Natalie Pennefather said "full and complete documentation" was required before the government finalized payment for any of the work done at Deerhurst. She said such records were "only available" through Access to Information.
- Yet a subsequent access request for all receipts related to the $1.9-million renovation tab produced nothing close to full and complete documentation.
- Only the $95,000 worth of renovations to office spaces were detailed.

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PRISON PROBLEM

Unwanted friend requests

Lisa Gesik hesitates to log into her Facebook account nowadays because of unwanted "friend" requests, not from long-ago classmates but from the ex-husband now in prison for kidnapping her and her daughter.

Neither Gesik nor prison officials can prove her ex-husband is sending her the messages, which feature photos of him wearing his prison blues and dark sunglasses, arms crossed as he poses in front of a prison gate.

"It's just being victimized all over again," she said.

Across the U.S. and beyond, inmates are using social networks and the growing numbers of smartphones smuggled into prisons and jails to harass their victims or accusers and intimidate witnesses.

THE ASSOCIATED PRESS

Man jailed for pouring water on bus driver

A 20-year-old man is looking at more than a month in jail after dumping a bottle of water on a Toronto bus driver.

The Toronto Transit Commission says the man got into an argument with the bus driver over a fare on Nov. 13.

The man poured the contents of a water bottle over the driver's head and then pushed him. Taiseer Abubakar pleaded guilty to all charges and was sentenced to 36 days in jail.

THE CANADIAN PRESS

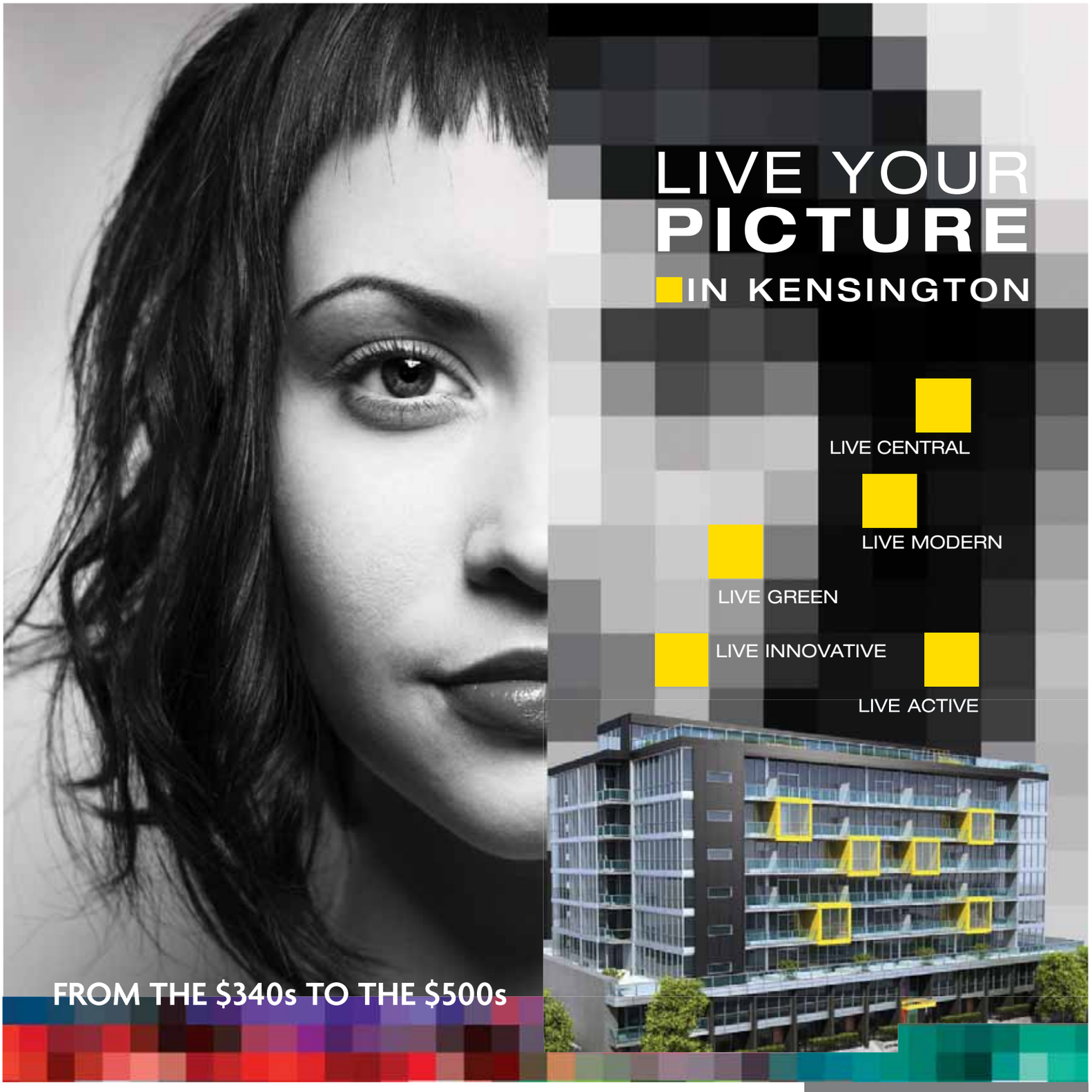
Two face court for selling lost puppy

Two women are due in court early next month after a dog that had been reported lost in Peterborough, Ont., was sold through an Internet site. Police say a boxer puppy missing from a Peterborough home was later found by one of the suspects who placed an ad on Kijiji to sell the dog.

An Ajax resident bought the dog for $350.

The dog has since been recovered and returned to its rightful owner.

THE CANADIAN PRESS



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Breast-screening guides revamped

Doctors now say women in their 40s should not have routine mammograms ◗ False positives feared

Most women in their 40s should not have routine mammograms and those 50 to 69 can wait slightly longer between the tests than previously recommended, updated Canadian breast-cancer-screening guidelines advise.

And for the first time, the Canadian Task Force on Preventive Health Care that developed the guidelines says that women aged 70 to 74 should be getting mammograms on the same schedule as those 50 to 69.

The revamped guidelines, published yesterday in the Canadian Medical Association Journal, apply to women with an average risk of developing the disease — no previous breast cancer, no history of the disease in a first-degree relative like a mother or sister, no known BRCA genetic mutation and no previous exposure to radiation of the chest wall.

In its previous set of guidelines penned in 2001, the expert panel made no recommendations for average-risk women in their 40s as to whether they should have routine screening or not.

"Before, there was no recommendation for or against, and clinical practice followed that lead," said task force chair Dr. Marcello Tonelli of the University of Alberta. "Most organized screening programs don't recruit women aged 40 to 49 years as a result.

"The biggest change of all is probably in the way in which we frame all of our recommendations, that breast cancer screening has risks and it has benefits."

In the 2001 guidelines, women 50 to 69 with an average risk of breast cancer were advised to have mammography every two years. But the new guide extends that period, saying such tests can be done every two to three years

The new guidelines have grown out of an intensive review of clinical trials, which looked at the risk of developing breast cancer and the potential harms inherent in the breast X-ray that can arise from misdiagnosis.

The task force determined that screening 2,100 women every two to three years for about 11 years would prevent just one death from breast cancer. However, it also would result in 690 women having false-positives.

THE CANADIAN PRESS

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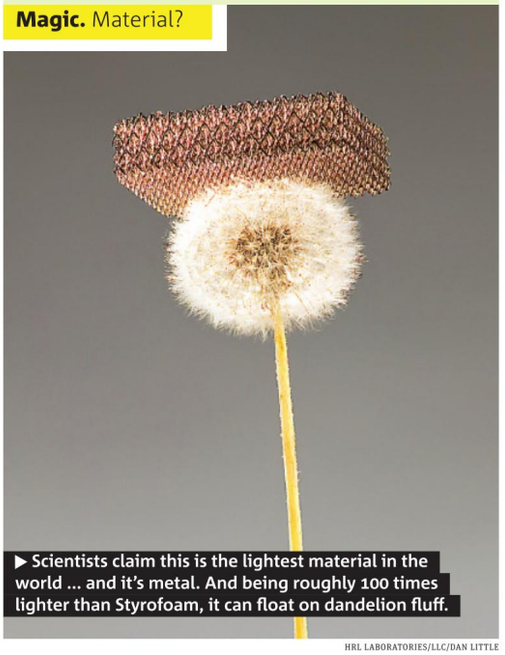

▶ Scientists claim this is the lightest material in the world ... and it's metal. And being roughly 100 times lighter than Styrofoam, it can float on dandelion fluff.

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$100,000 for clean shampoo bottles

Authorities have compensated an Australian man $100,000 after he was wrongly accused of trying to smuggle drugs into the country in bottles of shampoo.

Neil Parry spent three days in jail last year after he was arrested at Darwin Airport and accused of trafficking liquid ecstasy.

But his two bottles of Pantene Pro-V shampoo and conditioner contained only what the labels said.

Australian Customs and Border Protection said in a statement yesterday that there were "mistakes made during the presumptive testing of Mr. Parry's goods" and additional procedures have been introduced when conducting drug tests.

THE ASSOCIATED PRESS

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Canada adds to Iran sanctions

Britain, U.S. cut ties with country's central bank

Canada joined Britain and the United States in announcing additional sanctions against Iran yesterday, as the three countries stepped up pressure on Tehran to end its nuclear-weapons program.

The United Nations International Atomic Energy Agency in Vienna warned two weeks ago that Tehran was more than likely on the way to acquiring nuclear weapons.

House leader Peter Van Loan told the Commons that Canada would expand previous sanctions to block "virtually all" transactions with Iran's central bank.

"We will do what it takes to isolate the regime and to minimize the risk that it poses to global peace," he said. In July 2010, Canada imposed sanctions on Iran under the Special Economic Measures Act.

THE CANADIAN PRESS

Egypt. Protests

▶ Protesters carry a boy wounded during clashes with Egyptian riot police in Cairo's Tahrir Square yesterday.

KHALIL HAMRA/THE ASSOCIATED PRESS

Government hands in resignation

Members of Egypt's army-appointed government stepped down yesterday, as thousands of protesters in Cairo's Tahrir Square clashed with security forces for the third straight day in violence that has killed at least 26 people.

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Brentwood Village Mall Branch	Freshly Renovated!	✔ Free Coin Counter ✔ Open Saturdays
CanadianOxy Building Branch	Freshly Renovated!	
Elbow Park Branch	Freshly Renovated!	
Fifth Avenue Place Branch	Freshly Renovated!	
Aspen Landing Branch	Coming Soon! Opening Dec. 12, 2011	✔ Free Coin Counter ✔ Open Sundays

For more details on these or any of our other 20 Calgary branches, visit bmo.com/locator

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Canadians overworked, out of balance: Study

Mental health conditions ranked top cause for short and long-term disability claims, researchers found

Workload complaints have reached staggering proportions among Canadian employees, a global research firm said yesterday.

Nearly nine in ten employers — 89 per cent — reported heavy workload as a complaint among staff, results of a Towers Watson study show.

A similar study by the same firm two years ago found 64 per cent of employers reported excessive-workload complaints among staff, a difference of 25 percentage points.

"Most organizations report that employee stress is a major and growing business issue," the latest results also show, comparing results to surveys done every two years for the past 16 years on the health and productivity practices of North American companies.

"Canadian respondents cited excessive workloads, lack of work/life balance, unclear or conflicting job expectations and inadequate staffing as top sources of workplace stress," concludes the study.

As firms look to combat stress, disability and absenteeism, some are considering pay bonuses to workers who engage in fitness and health-management programs, the survey found.

"One-quarter of Canadian employers are planning to offer some type of financial reward in 2012, up from 13 per cent who currently do so," the study says.

The survey was completed by 335 human resources and health benefit managers at companies with 1,000 or more employees.

TORSTAR NEWS SERVICES

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 107.76 (11,784.68,)	- 0.99¢ (96.36¢ US)
Oil	**Natural gas**
- $0.75 US ($96.92 US)	$3.399 (- 8.3¢)
	Gold
	$1,678.60 (- $46.50)

60 seconds

BERLUSCONI RELEASES ALBUM OF LOVE SONGS

'IN ITALY, I AM THE ONE WITH THE PEST NOW'

Former cruise-ship crooner, flamboyant billionaire, now ex-Italian prime minister Silvio Berlusconi kick-starts a new career by going back where it all began: the music industry.

All the 11 "elegant and refined songs" in his newest release Il Vero Amore (True Love), are written in Neapolitan dialect by Berlusconi and arranged by folk-singer Mariano Apicella.

Over the past decade, Apicella has been invited to the former PM's luxury retreat in Sardinia. Now, he admits, "people look at me as if I was infected with a plague."

What's it like having Silvio Berlusconi as a sidekick for your album?

The premier, who is from Milan, has the rare privilege of being comfortable even with the hardest words of the Neapolitan dialect. ... He's got natural talent: he could write a song in five minutes or even at night.

From the streets of Naples to Berlusconi's villas, your musical collaboration goes far beyond the studio albums.

I have a one-year contract with him. I work on call: he summons me and sometimes we play together at his parties. They were absolutely normal and decent dinners.

Becoming Berlusconi's personal serenader must be a tough job.

Even if you are Frank Sinatra or Pavarotti but you are friends with Berlusconi, people look at you as you were a "chiavica" ("rubbish").

Your music career owes a lot to Mr. Berlusconi: aren't you afraid that it will fade away with his political adventure?

I don't believe he will ever quit his political career. He's not a quitter, he cannot stand inactivity.

LILLO MONALTO MONELLA
METRO WORLD NEWS IN ITALY

SUNDAY BEST: AN ODE TO BRUNCH

SHE SAYS ...

JESSICA NAPIER
METRO

In my early 20s, eating breakfast on the weekend was a pretty pathetic affair. It never happened before 1 p.m. and almost always took place at a greasy diner called The Pancake House. Sweatpants were the dress code and if my bill came to more than $6 after tax and tip I was doing something wrong.

After I graduated and moved off campus into a grownup apartment something happened: I stopped eating breakfast and started going for brunch.

If you're unfamiliar with the most delicious portmanteau in the dictionary, brunch is that sweet spot between breakfast and lunch. It isn't just a meal; it's an epicurean event. Brunch is a hungover server's worst nightmare and arguably the most civilized part of my week.

To become a person who brunches (it's also a verb now), you must develop a whole new attitude toward the late-morning meal.

"I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over $20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch."

When I go for brunch, I expect to wait at least 45 minutes for a seat because, naturally, any restaurant worth going to doesn't take reservations. When I finally sit down, I order three different beverages — ice water, an Americano and a mimosa — to combat my dehydration, fatigue and hangover, respectively. I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over $20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch.

If my buttermilk pancakes have berries in them, I want those berries hand-foraged from a local bramble and soaked in cassis for three days. I don't want sausage; I want chorizo. I don't want toast; I want fresh-baked focaccia seasoned with rosemary and sea salt. Why is that Bloody Caesar in a regular glass — shouldn't it be in a decorative mason jar?

I probably shouldn't be this high-maintenance when it comes to breakfast. I really can't afford to care this much about where my fruit garnish came from and whether the chicken that hatched my egg-white omelette was raised on an organic diet.

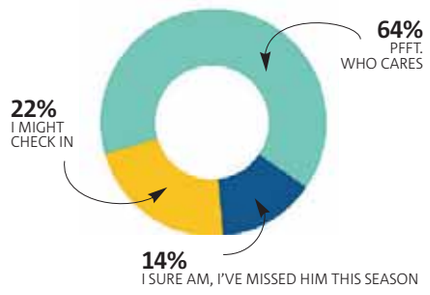
Yes, I could make these meals at home, saving myself money and the hassle of this so-hip-it-hurts ritual. But, as gratuitous as it is, brunch has become an integral part of my weekend routine.

One day a week I give myself licence to be completely pretentious about waffles and consume 1,200 calories before noon. Let's face it: Sunday just can't happen until I've had some hollandaise.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Will you be watching Sidney Crosby's return to hockey tonight?



Local tweets

- **@CBC-Scott:** CivicCamp calls for 8% property tax hike. I seem to recall Mayor Nenshi (call him Mr 5%) was a member of this group. #yyc #yycbudget
- **@AdamHenry78:** About to enter #ikea. Shoot. Me. #yyc
- **@TerryAtCADA:** All you social service and arts agencies that only use 10%-20% of your budget for programs, #Fech has your number. #yyccc
- **@l84myd8:** @jayemkayem lol hey your tweet is in @metrocalgary again today! #yyc superstar!
- **@CaitlinStaples:** Science Centre with my Dad :) #yyc
- **@thedawe:** #yyc — learn traffic circles = that is all.
- **@Haggisman57:** World economy collapsing due to govt. overspending but Alta. and Calgary just keep increasing their spending! Disgusting #ableg #yyc #yyccc
- **@ispeakcanadian:** Does anyone in #Calgary have a xylophone they wouldn't mind lending out? #yyc

Worth Mentioning

RESTROOM LAURELS. Toronto restaurant e11even has been named the best in Canada — not for the food but for the loo.

The upscale downtown dining spot won the second annual "Canada's Best Restroom" contest conducted by Mississauga, Ont.-based Cintas Canada Ltd., a provider of hygiene products.

Thousands of votes were cast on the contest's website, Cintas said.

With marble from floor to ceiling and elegant mosaic tile accents, e11even's washrooms flushed away the competition.

In second place was Allstream Centre in Toronto, followed by Hotel Le Germain in Montreal, David Morris Fine Cars in Edmonton and the Ottawa Convention Centre.

"We are thrilled to receive this honour," said e11even general manager Steven Salm. "While it may not always be top of mind when dining, we feel that the restroom is an integral part of the overall design."

THE CANADIAN PRESS

photo of the day

metro PHOTO CHALLENGE

▶ This photo titled Haló? was submitted to the Photo of the Day category by Martina Teislerova from Czech Republic.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until today. As well as a chance to win a trip to any city Metro publishes, submissions will also be featured here.

WEIRD NEWS

Pint-sized with monster drive

Kaid Jaret Olson-Weston is strapped into a 1,270-kilogram half-scale monster truck, humming playfully as he waits for the green light.

KJ, as he is known to his fans, sits patiently as he and his coach go over the safety features in his truck.

The roll cage is lowered. KJ starts the engine and jumps over humps of dirt before crushing a beat-up car. He spins the truck — and its 90-kilogram tires — clockwise, then backwards, leaving behind a cloud of dust in its tracks at his training centre in Ocala, Fla.

Despite these feats, KJ can barely see over the steering wheel. At eight years old, he is the youngest monster-truck driver.

KJ performs across the U.S. at about 60 different shows every year. He signs hundreds of autographs at each show, but still considers himself an average kid.

"I do really good in school and am able to drive this, which people think it might be hard but it's actually pretty easy," he said. THE ASSOCIATED PRESS

▶ KJ with his monster truck.

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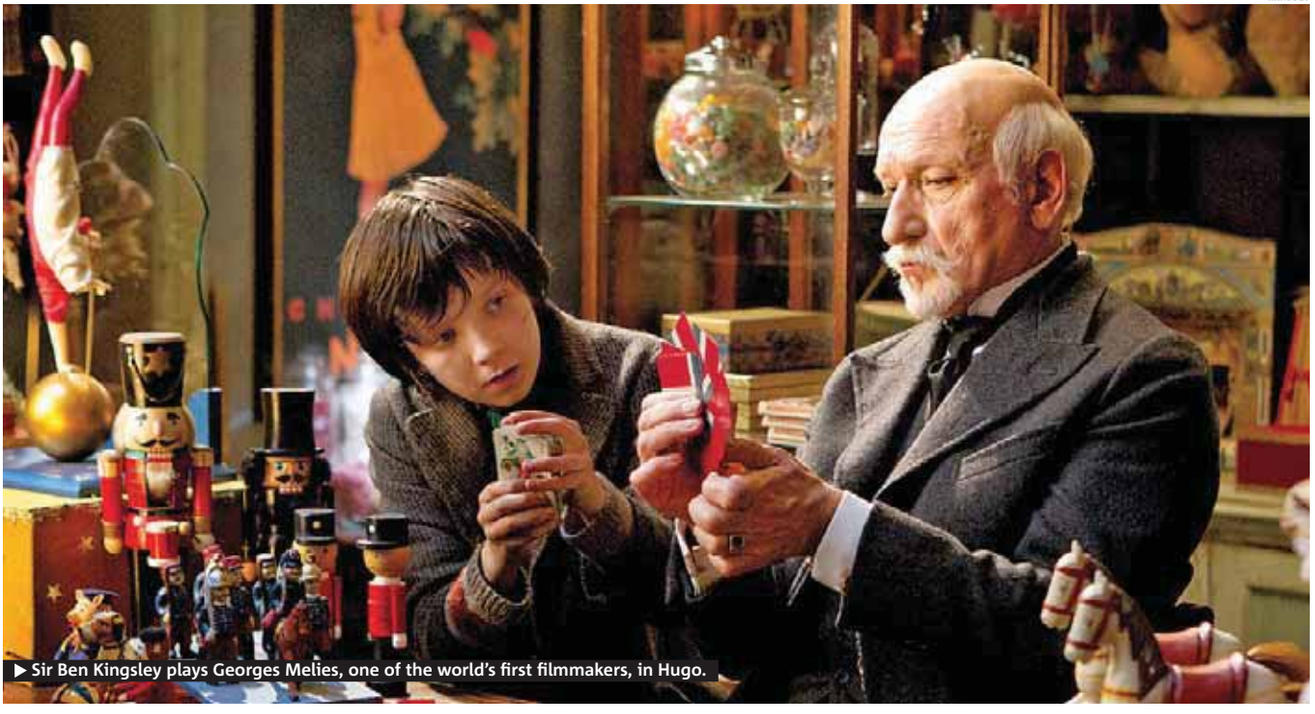
2 scene

Kingsley keeps it simple

Actor Sir Ben Kingsley talks about the importance of understatement when filming in 3D

HANDOUT



Sir Ben Kingsley plays Georges Melies, one of the world's first filmmakers, in Hugo.

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Last year he played a mysterious doctor in Martin Scorsese's Shutter Island and now Sir Ben Kingsley partners up once again with Marty as he affectionately calls him, but for lighter fare. In Hugo, Kingsley plays one of the world's first filmmakers, Georges Melies, who directed A Trip to the Moon and hundreds of other silent films in the early 20th century. Kingsley gave Metro a few moments of his undivided attention to chat about the 3D filmmaking of Hugo and his upcoming film, The Dictator.

George Melies' film A Trip to the Moon is one of the most iconic early films ever made. Do you remember where and when you first saw it?

I don't remember when it was but I do know that when I was at school, it was a great school and it had a film society. We were able to watch some of cinema's masterpieces that came from way back. I know that we watched Fritz Lang films, Eisenstein films, and I think in and amongst them was The Trip to the Moon because I know I'd seen it before I got [Martin Scorsese's] offer. It was so familiar.

Did shooting in 3D for Hugo affect your performance at all?

Yes. The 3D camera brought a kind of bonus where it was detail, detail, detail, very little CGI, which fed our performances tremendously and kept us in character beautifully. Also, the scrutiny of a 3D camera is quite alarming. I noticed fairly early on that the 3D camera can see what you've done before you've done it. It's so scrutinizing. It's x-ray. You can see the most delicate changes of body language and facial expression, almost pulse and heartbeat. One thing that 3D camera insisted on was, "don't try to act. Don't show off. Don't be clever." Of course, Mr. Scorsese would also say, "keep it simple. Keep it honest." I mean, that's almost his maxim.

On the set of Hugo you were known for staying in character as Melies in his later years, when he was quite cranky and withdrawn. How did your young co-stars Asa Butterfield (Hugo) and Chloe Grace-Moretz (Isabelle) react to that?

Staying in character for me was almost mandatory. I'm quite fit and slim but I had to strap on this pot belly and I had to strap on this hump in my shoulders to have this depressed body. I'm more like the [younger] Georges directing in the glass house. I felt, it was going to be a huge effort to take all this off so I thought, "I must stay in character." Even though he was a sad man and somewhat defeated, I quite enjoyed that I had to stay in character. Then I learned to capitalize on it. I started speaking to both [Moretz and Butterfield] in French. I found it really fed the work so that by the time, whenever Marty said 'action' to Asa, he was already dealing with me.

Scene in brief

Acclaimed documentaries from Werner Herzog, Errol Morris, Morgan Spurlock (shown) and Steve James have missed out on a shot at the Academy Awards. Herzog's Into the Abyss, Morris' Tabloid, Spurlock's The Greatest Movie Ever Sold and James' The Interrupters did not make the short list of 15 documentaries eligible for the feature-length prize at the Feb. 26 Oscars.
THE ASSOCIATED PRESS

Enthused by 3-D, Martin Scorsese learns to see in a new dimension with Hugo

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Dear JLo: Please put your pants back on

We have seen enough to know that we have seen too much

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Jennifer Lopez is ridiculous.

I put up with her Fiat commercials. I admit I was a little thrown when the car appeared in her Papi music video (and a 30-second trailer for the video) but I dealt with it. But did a Fiat 500 really have to appear onstage with her during her performance of Papi during Sunday night's AMA's?

It's just that everything lately with the celeb has been so in-your-face. I realize she is trying to stage a comeback and is trying to refill her bank account, but it's reaching saturation point (like, what was up with that skintight Britney Spears-esque bodysuit she was wearing at the AMA's? We get it. You're 42 and still super hot but come on, put some pants on. You're a mom now; you can be sexy without showing off your crotch).

ALL PHOTOS GETTY IMAGES

▶ It seems Jennifer Lopez dragged Britney's old get-up out of the closet for Sunday's American Music Awards.

She is acting like a slutty reality TV contestant instead of the true star she is.

Another case in point? She was sure to leak her behaviour at a celebrity-packed AMA after-party to Us Weekly. The magazine reported that Lopez retreated to a private booth with her new boy toy, dancer Oscar Smart, where she was seen grinding on his lap, rubbing his head and kissing him.

This isn't to say that Lopez shouldn't have a good time now that she's single and on the prowl. She gets a hearty "you go, girl!" for that. But she should do so within reason. And, for God's sake, leave your endorsements of Fiat for the commercials.

Celebrity tweets

@Colin_Hanks

Without American thanksgiving to hold it back, Paris is very close to becoming Christmas city y'all. And it's not even December.

@PamGrier

We do not stop playing because we are old, We grow old because we stop playing.

@taylorswift13

I got really excited about Christmas and bought all the holiday flavored coffee creamers at the grocery store.

@pattonoswalt

"You just don't get it, man." -- my body fat, whenever I attempt exercise.

Driving away divorce?

Just before Demi Moore announced she was divorcing him, Ashton Kutcher reportedly made a last-ditch effort to save their marriage by buying her a brand new car, according to TMZ.

Sources say Kutcher spent upwards of $100,000 for a 2012 Lexus, ordering it Nov. 9 — two days before Moore's birthday. It's unclear if Moore accepted the gift or if Kutcher had to return it. METRO

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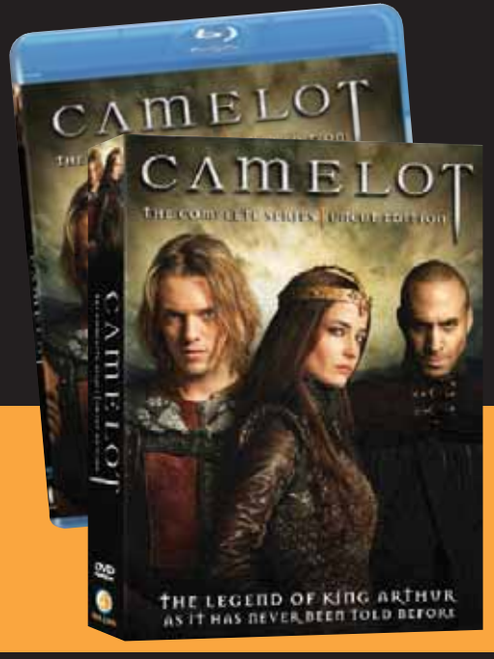

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3 life

A new study shows

1 oz.

Scientists from the University of Barcelona found that eating nuts is linked to higher levels of serotonin, which decreases appetite and could help get rid of belly fat. Just one ounce (approx 30 grams) a day of raw walnuts, hazelnuts or almonds can boost happiness and heart health.

METRO WORLD NEWS

AIDS epidemic levelling off, but AIDS-free generation may still be too optimistic, experts say

Taylor-made abs

Women sighed, men gasped

Taylor Lautner's personal trainer Jordan Yuam tells us how to get the Breaking Dawn star's rock hard abs

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

After making fun of Taylor Lautner's hot physique, his svelte Twilight co-stars Kristen Stewart and Robert Pattinson admitted going "nuts" working out for their Breaking Dawn bikini scene. Lautner, on the other hand, had to go shirtless for the previous installments, sticking to an intense regimen throughout the saga — who's laughing now?

His workout

Lautner's trademark is his washboard abs.

"His Twilight body was perfect but it wasn't symmetrical," Jordan Yuam, his trainer throughout the entire series says. "He was so buff he almost looked cartoonish, but everything was based on the moment he took off his shirt."

When he wasn't filming, Taylor's body was 10 to 12 per cent but for Twilight, Yuam would bring it down to seven per cent.

"Taylor's always up for a challenge, he's so focused and disciplined. We'd meet up four times a week to chisel away fat," Yuam said.

In order to get Taylor ready for his role as ripped werewolf Jacob, Yuam used a combination of classic moves including hanging leg raises and reverse crunches to define his muscles.

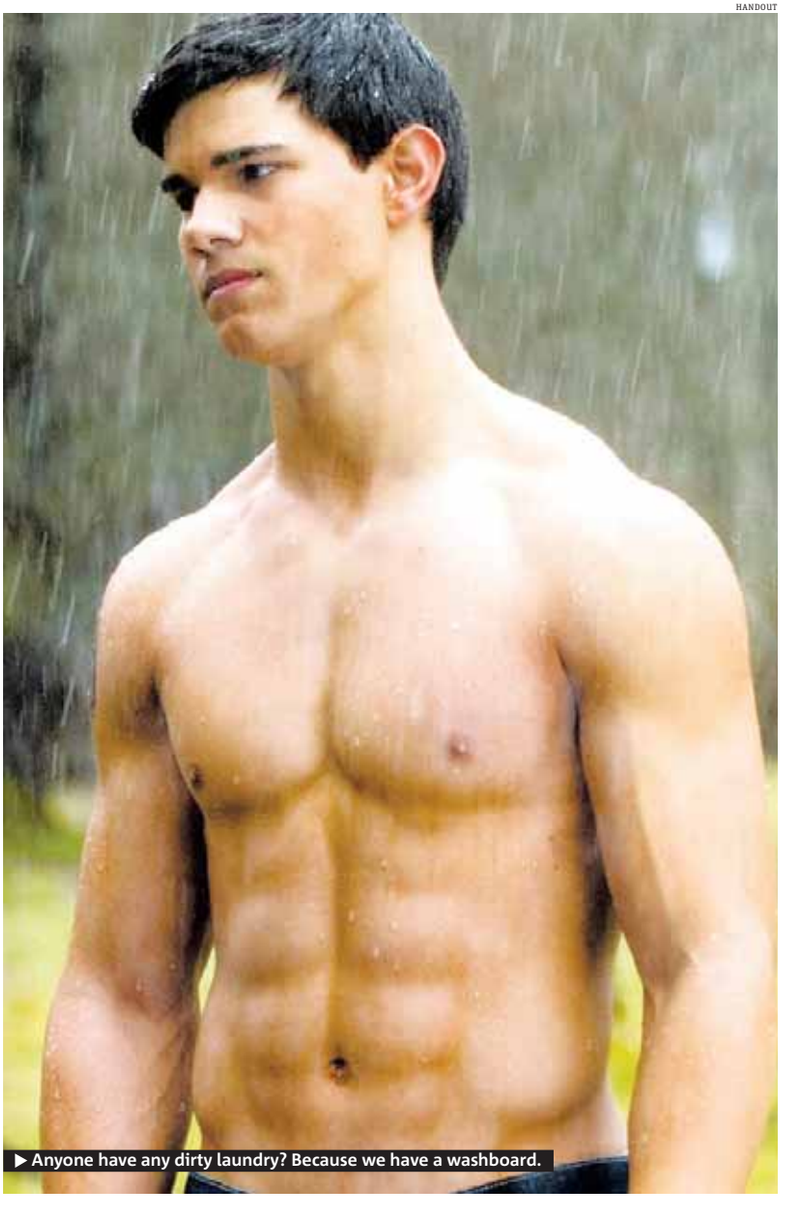
The (super) power

"I got Taylor on the power plate," says Yuam. "It's instrumental to my work as I use it to create muscle and for post workout recovery."

He admits that he uses the Power Plate "more than ever" to sculpt his clients' bodies. It's high-speed workout as vibrations (around 1,000 per minute) are transferred to your muscles causing them to contract as a reflex action. This creates internal heat that increases circulation, oxygenates blood flow around the body, flushes out toxins stored in fat cells and lactic acid.

"Working out is about recovery and the plate loosens up your stabilizers so you don't get sore. The idea isn't to do thousands of reps; 25 is enough (12 minutes on the plate). I don't believe in workouts that last more than 50 minutes," Yuam added.

HANDOUT



▶ Anyone have any dirty laundry? Because we have a washboard.

Wolfing food down

"Taylor isn't naturally big. So the key to maintaining his frame was to make sure he ate right pre and post workout. Breaking Dawn was a challenge, as we had to overlap with his Abduction body for which he was doing a lot of boxing," says Yuam. "He was burning a lot of calories and finding it hard to eat enough."

He devised a diet combining healthy fats, carbohydrates and protein.

"He ate simple carbohydrates, such as bananas, to maintain glycogen levels and provide slow energy release throughout the workout as well as whey protein blended with oatmeal to build muscle."

And right before a shirtless scene, Yuam made sure he ate no fruit and vegetables. Just like a real werewolf.

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Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The Truth About Salt

The Salt Institute, an American organization that represents salt companies, is getting the message out that sodium is a nutrient that's essential for good health. But wait a second; isn't salt a bad thing? Best Health associate editor Lisa Hannam went to the Heart and Stroke Foundation of Canada and asked them to clarify things.

"Sodium does help to maintain cell balance and fluid volume in the body," says Carol Dombrow, registereddietitian and nutrition consultant for the Heart and Stroke Foundation's Health Check food program.

Salt, in proper amounts, keeps the body well hydrated and cells functioning properly. Athletes and very active adults may have to increase their sodium intake to compensate for how much they lose through sweat.

However, says Dombrow, "most people don't need to worry about under-consuming sodium. Canadians are eating way too much."

A diet high in sodium has been linked to hypertension, or high blood pressure. The adult upper limit for sodium intake per day is 2,300 milligrams — which is less than half a teaspoon — but an adequate intake to maintain good health is 1,500 milligrams. Dombrow adds that, generally speaking, you won't need to add salt to your meals to make sure you are getting enough, because sodium occurs naturally in many foods.

And a little goes a long way.

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Thoughts on ... Trying

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NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

METRO CUSTOM PUBLISHING

ENJOY GIFT OF CLEAR VISION WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

BANANASTOCK/THINKSTOCK

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

Most laser vision correction providers offer free comprehensive eye exams, which will determine your candidacy. If you are deemed a candidate, book your procedure and you will be on your way to enjoying life without glasses and contacts. *– Pauline Anderson*

ISTOCK

▶ If someone you know lost their job, try not to draw unnecessary attention to the situation.

JOB LOSS CAN BE A TOUCHY SUBJECT

I recently ran into a friend who I know has been fired from his job. I was very uncomfortable and had no idea what to say, which made things even worse and awkward. What should I have said or done? – Jane

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FOR MORE, VISIT CHARLES MACPHERSON.COM

In these economic times most Canadians know of a friend, family member and/or neighbour who has had to deal with unemployment.

Don't judge or lecture. These days, job loss is due to the economic times rather than the person's fault. So how do we deal with this? Be kind, gracious and don't draw unnecessary attention to the uncomfortable situation.

Personally, what I have done in these cases is to either not bring it up and focus on something else like, "How are the kids doing?" or, "I know you love football, what did you think of the game last Sunday?"

However, if you do feel it appropriate to bring up the situation, I would much rather say something like "How are you doing since you left your job?"

We all know the person may have been let go, but you don't need to add salt to the wound, and this shows that you care and are being sensitive.

Remember that etiquette is how you make others feel. Making others feel comfortable by being kind and gracious is always the right thing to do.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

YOU'RE SEXY AND YOU DON'T KNOW IT

Hi, I just turned 30 and it's been a couple of years since I've dated. I didn't date mostly because of my weight, which I'm now starting to work on. I'm really social, have lots of friends and people do compliment my looks despite this, but I'm still freaked out about getting close to someone. I am interested (secretly) in one of my best buddies. He'd be great to go out with, but the problem is I know that he's a superficial guy and wouldn't see me that way. I'm worried that he's not the only one, and that I'm only eligible for weirdos. Help?
– Dateless

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Andrea: Dear Secret Hottie,

It's pretty hard to be successful, loved and happy when you see yourself as the pits, isn't it?

First step is to get rid of that mentality. If you want to open up emotionally and date again, you can't settle for less than a 10, not the other way around.

To attract that kind of guy, practice. Just like exercise for the body, whatever makes you feel gorgeous, vibrant and alive needs to be part of your daily routine.

The second you start thinking negatively, catch yourself and consider alternatives.

Changing your mental chatter will help open up doors you didn't know existed.

Claire: Dear Secret Hottie,

You haven't told us how overweight you are, but the fact that you're working on it is excellent.

My sister is pretty wise for a 20-something who chose to live in one of the coldest cities on the planet (yay Calgary!), and she's right: Whatever makes you feel gorgeous, strong and happy must become part of your life until the day it dawns on you that you *are* gorgeous, strong and happy.

And remember that most people are so worried about their own deficiencies that they barely notice those of others.

I have fallen for men who were less than lovely to look at simply because they were damn smart, damn funny and had no idea they were verging on damn ugly — and ugly you are not. Keep us posted.

You already sound gorgeous.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Professors get $1.6M backing to fight bullying

Two Canadian university professors are putting their heads together to come up with practical advice to help deal with bullying.

The project is being led by Professor Debra Pepler of York University in Toronto and Professor Wendy Craig of Queen's University in Kingston, Ont.

The two will work with partners on 10 projects designed to bridge the gap between scientific knowledge about violence prevention and practice in the community.

Strategies, tools and materials will be widely distributed throughout Canada, with the help of 40 other youth-serving organizations.

"Research findings about violence prevention are not getting to adults involved in children's lives."
PROF. DEBRA PEPLER

Bullying has become a hot topic among youth, educators and parents, with many recent incidents making news, including some that resulted in suicide.

The four-year, $1.6-million initiative is being funded by the Network of Centres of Excellence.

"Research findings about violence prevention are not getting to adults involved in children's lives, such as parents, teachers and recreation leaders," said Pepler.

"Young people also need this knowledge to prevent violence and promote healthy relationships."

THE CANADIAN PRESS

ANYTIME, ANYWHERE

HEMERA/THINKSTOCK

ONLINE LEARNING BECOMING AN INTEGRAL PART OF ALL COLLEGE COURSES

The vast physical expanses of Canada are steadily shrinking for students as online learning streams ever deeper into campus life.

Lori Wallace, dean of extended education at the University of Manitoba, says online learning is booming and becoming an integral part of all courses. Eight per cent of U of M courses are available online and more than 20 per cent of undergrad students took at least one online course last year.

"It's become part of the teaching-learning experience," Wallace says.

At the cutting edge, post-secondary institutes are driving distance learning content from desktops to mobile devices, but there are problems with cramming an entire campus into a handheld device.

"How do we design courses that provide the interactivity and rich learning experience that we can provide online on a mobile device? It is increasingly anytime, anywhere," she says.

Al Brady is the executive director at Ontario Learn, an organization of 22 colleges.

He says distance learning has grown by 15 per cent each year for the last few years up to its current roster of 67,000 students taking 1,300 courses in Ontario.

AU student Salma and daughter in Edmonton, AB

PRACTICAL COURSES

For colleges, practical courses are booming. Ontario Learn reports strong growth in nursing, library science and apprentice courses such as electricians. The courses require an in-person element, but much of the work can be done virtually. Organizations like the Canadian Virtual University (cvu-uvc.ca) expand the reach of academic online learning.

Brady says colleges are drawing a lot of middle-aged people who were laid off in the recession, or who worry about being laid off in the future, and want to retrain.

The second big contingent is younger students who have a university degree, but find themselves needing more practical skills to land a good job.

"They're often working several part-time jobs as well as going to school, so the classroom doesn't work for them, but online works excellently," he says.

– Jon Tattrie

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Athabasca University

MOUNT ROYAL OFFERS COURSE FOR ONLINE JOURNAL WRITING

MOUNT ROYAL UNIVERSITY PHOTO

Turn your love of writing into a profitable career.

Mount Royal University Continuing Education offers an online course to help you create a blog and make money while doing it.

"Anyone can create a blog, but to attract readers and advertisers there's a lot involved," says Laurel Robbins, instructor for Blogging: From Concept to Cash, travel blogger and freelance travel writer.

"Course participants are always surprised at how much goes into creating a profitable blog and the ongoing effort it takes to keep it profitable."

In the Blogging: From Concept to Cash course, students will learn how to create a blog and what steps to take to turn it into a profitable venture.

"Decisions made early on such as the blog topic, title and url can make or break a blog," says Robbins.

The course will walk students through each step of the blogging process and will determine whether their blog has what it takes to make money.

At the end of the course, each student's blog will go live.

"This course is like a high-speed highway to the world of blogging, helping participants to avoid the speed bumps that are just time wasters with minimal results," says Robbins.

Being a successful and profitable blogger herself, Robbins instructs the course out of Germany, where she runs her own travel blog, Expat in Germany.

"I feel incredibly fortunate to have turned my hobby of travel into a career and get paid to write about something I love and can do from anywhere in the world," says Robbins.

"Plus, I enjoy the travel perks that come with having an established travel blog."

The course is 15 hours in length and begins Jan. 9, 2012. It runs until Feb. 21.

For more information about the blogging course, visit mtroyal.ca/conted. *– Candice Ward*

GET A FEEL FOR MASSAGE THERAPY

Hands-on learning will soon have a new home.

As of early December, the Practicum Clinic at Mount Royal University will be reopening in its new location at the Roderich Mah Centre for Continuous Learning.

"We are really excited to have this brand new facility in the Roderick Mah Centre for Continuous Learning. It is a calm, relaxing environment for the clinic," says Gillian Lebel, program coordinator for the Massage Therapy Certificates.

"The Practicum Clinic provides our students with an opportunity to learn in a real-world situation."

The Massage Therapy Certificate is a full-time program and does have admissions requirements.

Students can take either the 1,100-hour or 2,200-hour certificate and then be eligible to write the provincial licensing exam.

"The students have an amazing opportunity to not only practise what they learn, but also to develop treatments for our diverse clientele, targeting each person's specific needs," says Lebel.

"They do everything from booking the treatments to doing the laundry, in addition to providing supervised therapeutic massage treatments."

MOUNT ROYAL UNIVERSITY PHOTO

For those who would like to learn basic massage techniques, MRU Continuing Education offers Massage Basics Level 1 and a new Level 2.

Each of these courses is 12 hours and is offered either evening or weekends.

They are not part of the certificate program, but are a great introduction to see if the field of massage therapy is right for you.

The Practicum Centre is also open to the general public looking to receive massage therapy treatments.

Appointments are now being accepted for massage therapy treatments at a cost of a $30 donation for a one-hour session.

Donations go towards creating 10 $1,000 scholarships for outstanding students in the massage program, and any additional donation money goes towards selected charities.

To book an appointment, call 403-440-6866.

For more information about the massage therapy programs available, go to mtroyal.ca/conted. *– Candice Ward*

GIVE THE GIFT OF EDUCATION

For the person on your Christmas list who has everything, why not give them the gift of education.

Mount Royal University Continuing Education offers gift certificates for purchase towards the enrolment in one of its many Continuing Education offerings.

Gift certificates can be purchased in any amount and can be used towards registration fees on any of the courses available through Continuing Education.

Some new courses being offered include certificates in Social Media for Business and Petroleum Land Business.

This is also a perfect gift for the art lover in your life who may be looking to improve their skills in such areas as photography.

These gift certificates can only be used towards a MRU Continuing Education course. Gift certificates can also be purchased for course supplies or textbooks through the bookstore.

To purchase a gift certificate for a person on your holiday shopping list, call 403-440-3833 or online at mtroyal.ca/conted/register.

INVESTING IN EDUCATION OF YOUNG PEOPLE

AT ATHABASCA UNIVERSITY

It is now a lot easier to get the education you have dreamed of at Athabasca University.

Thanks to the support of generous donors, AU students now have 300 per cent more scholarships and bursaries available to them.

"To realize Athabasca University's mission of removing barriers to learning, it is important to pursue means that help to reduce financial barriers for students. Increasing the number of bursaries and scholarships available to our students is an excellent way to reduce the financial barrier to learning," said Pamela Walsh, vice-president of advancement, Athabasca University.

In 2010, AU awarded $900,000 in scholarships and bursaries, up from $300,000 in 2006.

"Investing in the education of young people, and especially those who may not have access to traditional higher-education opportunities, is profoundly important," said Barry Walker, AU alumnus and chair of the university's board of governors.

"My wife and I are passionate about giving students opportunities to gain the knowledge to succeed."

Last year, Walker and his wife, Valerie, created the Walker Family Master of Counselling Scholarship and the Walker Family Faculty of Business Scholarship, which are awarded to two students annually in recognition of their achievements.

Along with these two new scholarships, the Walkers also offer AU students the Walker Family Bachelor of Commerce Post-Diploma Accounting Scholarship.

It is a $1,000 award for students living in rural and remote areas of Canada who demonstrate academic excellence.

Another recently established bursary, the Master of Arts, Integrated Studies Making a Difference, offers one student $2,400 each year, for a maximum of five years.

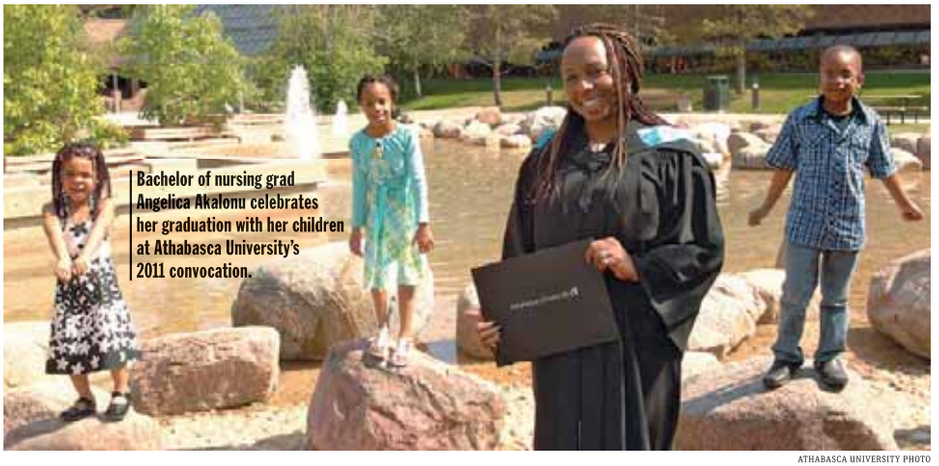
This bursary is open to part-time students who are single parents, who are aboriginal, who have a disability or who are recent immigrants and encourages this student to complete their studies.

Information on student awards is available at athabascau.ca/registrar/studawrds.php.

– Candice Ward
– with files from Athabasca University

Bachelor of arts grad Teddi Rawlinson, left, celebrates her graduation with best friend Jennelle Heisz at Athabasca University's 2011 convocation.

ATHABASCA UNIVERSITY PHOTO



Bachelor of nursing grad Angelica Akalonu celebrates her graduation with her children at Athabasca University's 2011 convocation.

ATHABASCA UNIVERSITY PHOTO

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BOW VALLEY COLLEGE

VALLEY OF OPPORTUNITY

BOW VALLEY COLLEGE PHOTO

BOW VALLEY COLLEGE OFFERS TRAINING IN VARIETY OF AREAS

Whether you are looking to upgrade skills for your career or learn about something new, Bow Valley College Continuing Education may have the course for you.

"We try and really offer a variety of courses to meet the needs of a big city like Calgary," says Pat Methuen, director of Continuing Education at Bow Valley College. "We offer training in a wide variety of areas."

Bow Valley College Continuing Education has something for everyone.

For those looking to upgrade office skills, there are computer, Microsoft, Adobe and Desktop Publishing courses.

The college also has programs for those working in a business office, such as Accounting, QuickBooks, and Simply Accounting. Bow Valley also offers programs in Project Management, Maintenance Management, Human Resources, Customs and Logistics, and Management Development.

For those already in the health-care field, they have courses to upgrade skills as well, including Leadership for Licensed Practical Nurses, Immunization, and Care of an Agitated Patient.

"We also offer courses for people looking for a little different offering with the Live a Better Life Series," says Methuen.

The Live a Better Life Series offers courses aimed at providing events of interest, such as wine tours, the new Tea Sommelier courses and even photographic tours to Scotland.

There are also a number of courses that are aimed at the personal side of life, including Personal Finance to Self-Defence.

Students enrolled in any of these programs will receive instruction from qualified instructors dedicated to providing personal attention to each student.

"We have excellent instructors, strong personal attention and a brand new campus," says Methuen.

The convenient downtown location makes Bow Valley College an attractive location to students.

For more information about courses offered through Bow Valley College Continuing Education, go to bowvalleycollege.ca/programs-and-courses/continuing-education.html.

– Candice Ward

NEW CERTIFICATE

New to Bow Valley College Continuing Education's course offerings for 2012 is the Assistive Technology Certificate Program.

This 60-hour certificate program gives students an introduction to the types of challenges they may face in school and the types of technologies and strategies that can be used to assist students with disabilities.

"I really appreciated the ability to complete the program on my schedule.
Stacey McArthur, Certificate in Professional Management—Professional Engineers, Geologists and Geophysicists
UNIVERSITY OF CALGARY CONTINUING EDUCATION
At U of C Continuing Education, many flexible and convenient learning options are available. You can take courses in a variety of schedules and formats at the new downtown campus at 906 8th Avenue SW, on the main campus in northwest Calgary, or online.
Some certificate programs can be achieved completely online, while other programs can be achieved in the classroom, or by mixing classroom and online courses. Online learning caters to busy schedules by making it possible for you to learn from anywhere with Internet access.
Convenient learning... good thinking! The following certificates can be completed entirely online...
- Adult and Community Education
- Adult Learning
- Campus Recruiting
- Career and Academic Advising
- Desktop Applications
- e-Learning
- Front-End Web Development
- Human Resource Management
- IT Fundamentals
- .NET Development
- Professional Management
- Professional Management—Professional Engineers, Geologists and Geophysicists
- Professional Writing specializing in Business and Technical Writing
- Professional Writing specializing in Marketing and Public Relations
- Relational Databases
- Security Management
- Teaching Second Languages
- Web Application Development
- Web Graphics
- Workplace Learning
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conted.ucalgary.ca
403-220-2866

LEARN AT YOUR OWN PACE

UNIVERSITY OF CALGARY OFFERS MANY FLEXIBLE PROGRAMS

Be the boss of your education by enrolling in a University of Calgary Continuing Education course.

U of C Continuing Education has a number of certificate programs designed to enhance your career while allowing you to learn at your own pace.

"What I really appreciated was the ability to complete my program on my schedule, and the option to choose courses that related to my work, as I needed them," says Stacey McArthur, a recent graduate of Continuing Education's Certificate in Professional Management — Professional Engineers, Geologists and Geophysicists.

McArthur, a mechanical engineer and U of C alumnus, needed to remain in the workforce while working towards her certificate.

The convenient learning options U of C Continuing Education offered McArthur helped her gain the business and management skills she needed to complement her technical expertise. Students are also able to fast-track their learning, just like Christie Phelan, a graduate of Continuing Education's Human Resource Management Certificate.

Christie Phelan | Stacey McArthur

"I was able to dedicate the time I had available and shuffle my life accordingly," says Phelan.

She completed her program in just 10 months by taking up to five courses in varied formats each session, including evening and weekend classes and online.

Although students are recommended to take only one to two classes per session, students have the freedom to plan around their lives and their needs.

Recently, U of C Continuing Education has added several new certificate programs to add to the more than 40 certificate and designation programs offered.

STUDY IN CLASS OR ONLINE

Courses through U of C Continuing Education are available in a variety of schedules and formats.

Students can take a number of certificate programs online, while others can be completed in the classroom.

Some can be achieved through a mix of classroom and online.

Classroom programs can be taken at the new downtown campus at 906 8th Ave. Southwest or on the main campus in northwest.

These new certificate programs include: Creative Writing; Marketing; Professional Writing with specializations in Business and Technical Writing or Marketing and Public Relations; Campus Recruiting; Fundamentals of Project Management; Professional Management — Economic Developers; and the FITT Certificate in International Trade.

For more information about these new certificates or others offered through the U of C Continuing Education, visit conted.ucalgary.ca.

– Candice Ward
– With files from the University of Calgary

MEET INDUSTRY NEEDS QUICKLY

GRADUATE WHILE DREAMS ARE STILL FRESH AT ACADEMY OF LEARNING

The ability to fit work and school into a schedule can be a difficult task, but Academy of Learning makes it easy on its students.

By offering flexible schedules and continuous enrolment, students are able to get the quality education they want, in a shorter amount of time.

"Our graduates are able to find jobs in the careers they dreamed about when they came to us, while the dream is still fresh," says Charles Jarvis, operations manager of Academy of Learning.

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

It offers career training in the main areas of health care, office administration, accounting, IT and web design.

By offering enrolment each week, year round, students will not have to wait until the next semester or worry about waiting lists.

"Our year-round intake and less-than-a-year diploma programs produces qualified, job-ready graduates to meet industry needs," says Jarvis.

Understanding the importance of getting back out in the workforce quickly, the Academy of Learning gives students the credentials, skills and expertise they need to find jobs in today's economy.

"Academy of Learning's learning environment with our unique Integrated Learning System is both accommodating and effective, offering hands-on, self-paced learning," says Jarvis.

For more information about the Academy of Learning and its programs, visit academyoflearning.com.

– Candice Ward

ACADEMY REOPENS SECOND LOCATION

Located on the corner of Heritage and Macleod, and kitty-corner to the Heritage C-Train station, the Academy of Learning has reopened a second convenient Calgary location this fall.

All program areas of business, office, accounting and payroll, information technology, and medical career training are available at the south location.

Charm, atmosphere and value at Calgary eatery

Generous portions of comfort-food dishes are served up at the Ironwood Stage and Grill ◗ Great place to sit back, relax and enjoy the live music

LUNCH RUSH

DAN CLAPSON
FOOD@METRONEWS.CA

Few places in Calgary are as charming as The Ironwood Stage and Grill. The establishment is home to nightly music performances and menu full of simple comfort foods.

After partaking in an ice sculpting competition (yes, I was scared...) in Inglewood, my friend and I thought we would pop by for a bite to eat.

After reading through the offerings, most of which were only nine dollars, I settled for their namesake sandwich, The Ironwood ($9), a signature featuring a generous portion of smoked meat with sauerkraut on rosemary bread and a side of housemade kettle chips.

The sandwich was good, but nothing to write home about.

My friend ordered the lunch special, gnocchi with salmon and fresh dill ($9). A hot plate of pasta was the perfect thing to have on a cold, snowy day. I should of ordered it too, but, instead, I just 'borrowed' a few bites from his plate.

DAN CLAPSON

▶ Salmon and Dill Gnocchi ($9) — a terrific way to warm up.

Ironwood Stage and Grill

1229 9th Ave SE
403-269-5581
Reservations: Yes
Licensed: Yes
Social lunch: Yes
Price range: $9-$14

FOODLAND ONTARIO

Apple bread pudding

This yummy bread pudding uses delicious maple syrup as the sole sweetener.

Simmered away in the slow cooker, it's a real kid pleaser and nutritious as well.

Preparation:

1. Place bread cubes in slow cooker.
2. Mix in apples and cook on Low for about 4 hours or until set in centre, sprinkling walnuts over top in 30 minutes.
3. To serve, spoon into bowls, drizzle each with 15 ml (1 tbsp) maple syrup.

Ingredients:

- 2 l (8 cups) slightly dry bread cubes
- 750 mL (3 cups) chopped peeled apples (such as Empire, Golden Delicious or Cortland)
- 125 mL (1/2 cup) dried cranberries or raisins

4 eggs

- 750 mL (3 cups) 2 per cent milk
- 300 mL (1 1/4 cups) pure maple syrup
- 175 mL (3/4 cup) chopped walnuts or pecans

FOODLAND ONTARIO

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Your money needs first

As the baby boomer bulge gets older there are lots of us with parents needing help and kids who are still dependent.

But many who are younger than boomers find themselves in the same fix.

Take Mariah and Dawn. They're twins, 37 and very close. Mariah, divorced with two boys, lives in Vancouver and Dawn, recently separated with a daughter, is in Edmonton.

Money is tight, time tighter and they are both completely stressed about their unemployed younger brother and their seventy-something parents who live in Nova Scotia.

The twins admit they are "kind of bad" with money. But they are torn between helping their parents who have little savings and their own financial demands.

Dawn has twice increased her credit limit to send money to their parents and Mariah has just flown their brother to Vancouver to live with her until he gets a job.

Neither is contributing to their kids' RESPs and both are considering stopping RRSP contributions for a couple of years.

They asked me for advice. Here it is. Whoa!

I told Mariah and Dawn to imagine they are on an airplane with their kids and the cabin depressurizes.

According to pre-flight instructions, they should put on their own masks and then help the children.

Dollars and sense

Three resources for the sandwich generation:

- **Credit Education Week Canada:** cewc.ca
- **Financial Consumer Agency of Canada:** fcac.gc.ca
- **Investor Education Fund:** getsmarteraboutmoney.ca

But it's hard to do when you are fearful for your kids' lives. You naturally want to help them first.

However, the fact is that if you don't take care of yourself you may not be capable of helping your kids.

The same is true of money. Mariah and Dawn should focus on putting their own financial houses in order first. Unless their brother has some kind of health problem he can fend for himself. Nor should they start forking out money to their parents before a plan is in place for the future including the possibility of downsizing, assembling community supports, applying for seniors housing and creating a thorough budget so the twins know exactly where their parents stand. Mariah and Dawn must concentrate on their own financial health first.

Otherwise they put their future welfare in jeopardy, which will leave them unable to help their family members. **ALISON GRIFFITHS IS AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.**

ISTOCK

▶ Who will look after you at the end of the day?

The Calgary Airport Courtyard and Residence Inn will be opening in January 2012!

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www.Marriott.com/careers and search for Canada – Non-Management opportunities or visit https://www3.i-grasp.com/fe/tpl_marriottCan.asp

This new build, dual hotel project is located near the Calgary International Airport and is scheduled to open in January 2012. This project is comprised of 329 guestrooms, over 8,000 square feet of state-of-the-art meeting space, a restaurant and recreation area.

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Crosby returns in style

Penguins superstar shows no signs of rust with dazzling four-point performance

GENE J. PUSKAR/THE ASSOCIATED PRESS

▶ Sidney Crosby scores his first goal of the year on his first shot against New York Islanders goaltender Anders Nilsson last night in Pittsburgh.

The Pittsburgh Penguins would have accepted an average Sidney Crosby in his first game in nearly 11 months — a routine performance, a regular night at the office.

Instead, they got the extraordinary.

Crosby scored the game's first goal on his first shot since Jan. 5, scored again in the third period and added two assists during the NHL's most-awaited comeback game since Mario Lemieux's return in 2000 as the Penguins roughed up the New York Islanders 5-0 last night.

"I saw for a few seconds they were a little flat-footed," Crosby said of his first goal. "I was able to get some good speed built up when I got it. I knew I had a chance to go wide."

No one in the hockey world knew exactly what to expect as its biggest star played his first game in 321 days following a prolonged layoff with a concussion that caused him considerable discomfort for months. But few probably expected him to be this good, this fast, this dominant.

This much like the Crosby of old.

Even the score was the same as when Lemieux returned from a 44-month retirement to collect a goal and two assists against the Toronto Maple Leafs on Dec. 27, 2000.

The Penguins, already one of the NHL's top teams, now have a superstar looking just like the player who was dominating the NHL scoring race at this time a year ago, when Crosby was on pace for the league's highest scoring total in 15 years before he was hurt.

Crosby was the fastest player on the ice from the very start of a memorable night.

And who could have scripted this any better — Crosby grabbed a Pascal Dupuis pass in stride on his third shift, accelerated to the net and, while fending off defenceman Andrew MacDonald, lifted a backhander under the crossbar 5:24 into the game. Islanders rookie Anders Nilsson, in his first NHL start, never had a chance.

"I've never been away from hockey for that long, so I'm just excited to play again."
SIDNEY CROSBY, BEFORE LAST NIGHT'S GAME

It never got any better after that for New York, which dropped its 12th game in its last 14 and its 13th in a row in Pittsburgh.

For Crosby, and the first-place Penguins, it couldn't have gone much better.

He also took a few hard hits — the kind that can't be handed out in practice — with Travis Hamonic shoving him in the end boards during the first period. Crosby quickly jumped up, not shaken a bit.

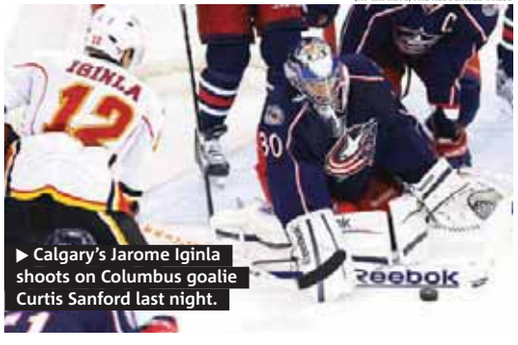
"I was mad at myself for putting myself in that position," Crosby said. "(But) I'm glad I kind of got that over with too early on. There's going to be more hits and probably harder ones."

The standing-room crowd of 18,571 in the Consol Energy Center was predictably loud and supportive, holding up Welcome Back Sid signs by the thousands while chanting "Crosby, Crosby" as a huge No. 87 was displayed on the scoreboard before the opening faceoff.

THE CANADIAN PRESS

Flames can't solve hot Columbus stopper

JAY LAPRETE/THE ASSOCIATED PRESS



▶ Calgary's Jarome Iginla shoots on Columbus goalie Curtis Sanford last night.

Jeff Carter had two goals, Curtis Sanford made 27 saves and the Columbus Blue Jackets beat the Calgary Flames 4-1 last night for their first winning streak in 42 games.

Antoine Vermette and Rick Nash also scored, and Vinny Prospal added three assists for the Blue Jackets, who improved to 3-1-1 in their last five games, and 2-0-1 in those games with the red-hot Sanford.

4	1
JACKETS	FLAMES

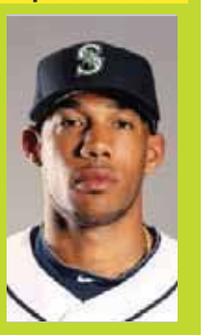
"You expect more," Flames coach Brent Sutter said. "I guess that's why we're a team that wins one, loses one because we're having a hard time holding that emotion, that intensity you need to have to win hockey games in the National Hockey League on a game-to-game basis."

Mark Giordano scored for Calgary, which was seeking a third straight win. Backup Henrik Karlsson made 26 stops.

THE ASSOCIATED PRESS

4 sports

Sports in brief



Seattle Mariners outfielder Greg Halman was stabbed to death early yesterday, police said, cutting short the life and career of one of the few Dutchmen to make it into Major League Baseball.

His club and baseball officials hailed the 24-year-old Halman as a man with a passion for the game and for instilling it in youngsters.

THE ASSOCIATED PRESS

Scan code for more sports.

FOR THE LOVE OF HOCKEY

IT'S OFTEN BEEN SAID THAT HOCKEY IS LIKE A RELIGION FOR MANY CANADIANS

"There's probably a degree of truth or reality to that statement," said Todd Millar, president of Hockey Calgary. "Clearly there's a passion to the game. It's Canada's game and we all love it. We almost start craving for it in the off-season. We can't wait to see the puck drop again."

In Winnipeg, an increase in minor hockey registration numbers is inevitable with the Jets back in the fold once again.

"There's no doubt that over the few years I think we'll see more growth," said Don McIntosh, president of Hockey Winnipeg.

McIntosh has some words of advice for those lucky enough to see the Jets play home games at the MTS Centre in Winnipeg.

"It's just been crazy here," he said. "Everyone's warned to take earplugs."

While those born in Canada seemingly get inundated with hockey knowledge at a young age, many others families that move here also pick up a love for the game.

It's paramount for us as custodians of the game to continue to find ways to educate and introduce the game," Millar said. "I would suggest that it's not just a Canadian game … that if people are exposed to it, it's an easy game to fall in love with. Once we get them on the ice and playing it, they too fall in love with it.

McIntosh agreed with his Calgarian counterpart that since population demographics are changing that minor hockey associations have to adapt as well.

"Our goal, we talk about it a lot, is to attract those kids," McIntosh said.

Both Winnipeg and Calgary have adopted strong policies regarding respect in sport.

"We did it … to create an environment for participants here regardless of their background," McIntosh said.

– By Laurence Heinen

RESPECT IN SPORT

For the second straight year, hockey parents in Calgary who hadn't already done so were required to take the online Respect in Sport exam.

At least one parent with a player in any age category from Timbits to Junior B were required to have Respect in Sport certification by Oct. 15.

The Respect in Sport Parent Program is presented as an online curriculum. The one-hour program, which is designed to reinforce a parent's role in a child's activities, includes audio and visual presentations.

In addition to providing parents with tools to evaluate their own behaviour, the RIS program provides information on a parent's natural influence over his or her child.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	21	12	6	1	2	65	50	27	7-1-1-0	5-5-0-2	5-4-0-1	W1
d-Florida	20	11	6	0	3	60	51	25	4-2-0-3	7-4-0-0	5-2-0-3	W2
d-Buffalo	20	12	8	0	0	58	51	24	5-6-0-0	7-2-0-0	6-4-0-0	L1
Philadelphia	20	11	6	2	1	75	62	25	5-4-1-1	6-2-1-0	6-2-1-1	L2
Toronto	21	11	8	1	1	63	69	24	6-3-1-1	5-5-0-0	4-5-0-1	L1
NY Rangers	17	10	4	1	2	47	37	23	5-1-0-1	5-3-1-1	7-2-0-1	L1
Washington	19	11	7	0	1	62	59	23	7-1-0-1	4-6-0-0	4-5-0-1	W1
Boston	19	12	7	0	0	65	39	22	8-5-0-0	4-2-0-0	9-1-0-0	W9
Ottawa	21	10	9	1	1	62	70	22	5-4-0-1	5-5-1-0	4-4-1-1	L1
New Jersey	19	10	8	0	1	52	54	21	4-3-0-1	6-5-0-0	6-4-0-0	L1
Montreal	21	9	9	1	2	53	50	21	4-5-1-2	5-4-0-0	5-3-1-1	L1
Tampa Bay	19	9	8	0	2	54	60	20	6-2-0-0	3-6-0-2	5-5-0-0	L1
Winnipeg	20	8	9	2	1	58	65	19	5-3-0-0	3-6-2-1	5-3-2-0	W3
Carolina	22	8	11	2	1	53	72	19	5-5-0-1	3-6-2-0	3-7-0-0	W2
NY Islanders	18	5	10	2	1	35	61	13	5-5-1-0	0-5-1-1	2-6-2-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	20	12	5	2	1	47	40	27	7-2-1-0	5-3-1-1	9-1-0-0	W4
d-Chicago	21	12	6	1	2	71	67	27	7-1-0-2	5-5-1-0	5-4-1-0	L2
d-San Jose	18	12	5	1	0	57	43	25	5-3-1-0	7-2-0-0	7-2-1-0	W3
Nashville	19	10	5	3	1	53	48	24	4-2-2-1	6-3-1-0	6-1-3-0	L1
Dallas	20	21	8	0	0	53	55	24	7-3-0-0	5-5-0-0	5-5-0-0	W1
Detroit	19	11	7	1	0	53	43	23	7-2-1-0	4-5-0-0	6-3-1-0	W2
Phoenix	19	10	6	1	2	54	49	23	5-3-1-1	5-3-0-1	6-3-1-0	L1
Los Angeles	20	10	7	1	2	49	48	23	6-5-0-1	4-2-1-1	4-5-0-1	L1
Edmonton	20	10	8	0	2	51	49	22	6-2-0-1	4-6-0-1	4-6-0-0	L1
St. Louis	19	10	7	0	2	48	43	22	7-1-0-1	3-6-0-1	5-3-0-2	L1
Vancouver	20	10	9	0	1	58	57	21	5-3-0-1	5-6-0-0	6-4-0-0	W1
Colorado	21	9	11	1	0	56	65	19	3-7-0-0	6-4-1-0	2-7-1-0	L1
Calgary	19	8	10	1	0	42	51	17	4-5-1-0	4-5-0-0	4-6-0-0	L1
Anaheim	20	6	10	1	3	41	62	16	4-6-0-0	2-4-1-3	1-6-1-2	L4
Columbus	20	5	13	0	2	47	70	12	4-6-0-1	1-7-0-1	4-5-0-1	W2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 1 Montreal 0
Dallas 4 Edmonton 1
Columbus 4 Calgary 1
Carolina 4 Philadelphia 2
Florida 4 New Jersey 3
Pittsburgh 5 N.Y. Islanders 0
Washington 4 Phoenix 3

Sunday's results
Vancouver 2 Ottawa 1 (OT)
Carolina 3 Toronto 2
Detroit 4 Anaheim 2
San Jose 4 Colorado 1

Tonight's games
Toronto at Tampa Bay, 7:30 p.m.
Los Angeles at St. Louis, 8 p.m.
Edmonton at Nashville, 8 p.m.

Tomorrow's games
Boston at Buffalo, 7 p.m.
Columbus at New Jersey, 7 p.m.
Philadelphia at N.Y. Islanders, 7 p.m.
St. Louis at Pittsburgh, 7 p.m.
Winnipeg at Washington, 7 p.m.
Montreal at Carolina, 7 p.m.
Calgary at Detroit, 7 p.m.
N.Y. Rangers at Florida, 7:30 p.m.
Nashville at Minnesota, 8 p.m.
Los Angeles at Dallas, 8:30 p.m.
Vancouver at Colorado, 9 p.m.
Anaheim at Phoenix, 9 p.m.
Chicago at San Jose, 10:30 p.m.

BLUE JACKETS 4, FLAMES 1

First Period
1. Columbus, Carter 2 (Prospal, Nikitin) 3:01
2. Columbus, Vermette 2 (Dorsett, Tyutin) 6:45

Penalties — None.

Second Period
3. Columbus, Carter 3 (Prospal, Wisniewski) 5:28 (pp)
4. Calgary, Giordano 3 (Tanguay, Bourque) 9:07 (pp)

Penalties — Brodie Cal (illegal check to head minor) 3:54, Tanguay Cal (hooking) 4:45, Methot Clb (holding) 7:58, Calgary bench (too many men; served by Sarich) 16:19, Umberger Clb (holding) 18:11.

Third Period
5. Columbus, Nash 5 (Prospal) 18:29 (en)

Penalties — None.

Shots on goal by

Calgary	11	14	3	28
Columbus	10	9	11	30

Goal — Calgary: Karlsson (L,0-3-1); Columbus: Sanford (W,2-0-1).
Power plays (goals-chances) — Calgary: 1-2; Columbus: 1-3.
Referees — Chris Rooney, Frederick L'Ecuyer.
Linesmen — Bryan Pancich, Mark Shewchyk.
Att. — 11,629 (18,144) at Columbus, ohio.

BRUINS 1, CANADIENS 0

First Period
1. Boston, Ference 2 (Peverly, Kelly) 15:41

Penalty — Subban Mtl (roughing) 6:36.

Second Period
No Scoring@

Penalties — Pouliot Bos (hooking) 13:57, Pouliot Bos (double high-sticking) 18:47.

Third Period
No Scoring

Penalty — Peverly Bos (cross-checking) 18:21.

Shots on goal by

Boston	5	8	5	—18
Montreal	10	8	14	—32

Goal — Boston: Thomas (W,9-4-0); Montreal: Price (L,8-7-3).
Power plays (goals-chances) — Boston: 0-1; Montreal: 0-3.
Referees — Wes McCauley, Dean Morton.
Linesmen — Jonny Murray, Michel Cormier.
Att. — 21,273 (21,273) at Montreal.

STARS 4, OILERS 1

First Period
1. Dallas, Petersen 1 (Wandell, Nystrom) 8:30

Penalties — Gagner Edm (slashing) 8:45, Ribeiro Dal (cross-checking) 18:33.

Second Period
2. Dallas, Ott 3 (Ribeiro, Morrow) 8:58
3. Edmonton, Nugent-Hopkins 8 (Eberle, Smyth) 15:24
4. Dallas, Ryder 7 (Grossman, Eriksson) 16:14

Penalties — Ja.Benn Dal (hooking) 17:14, Smid Edm (slashing) 19:48, Morrow Dal (interference) 20:00.

Third Period
5. Dallas, Dvorak 1 (Fiddler) 18:36 (en-sh)

Penalties — Morrow Dal (hooking) 3:34, Teubert Edm (delay of game) 5:51, Souray Dal (delay of game) 13:22, Morrow Dal (interference) 16:41.

Shots on goal by

Edmonton	7	7	4	18
Dallas	14	13	8	35

Goal — Edmonton: Khabibulin (L,8-4-2); Dallas: Lehtonen (W,12-4-0).
Power plays (goals-chances) — Edmonton: 0-6; Dallas: 0-3.
Referees — Brad Watson, Marcus Vinnerborg.
Linesmen — Jean Morin, Mike Cvik.
Att. — 11,458 (18,532) at Dallas.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	13	29
Giroux, Pha	11	15	26
Versteeg, Fla	11	14	25
Lupul, Tor	10	15	25
Vanek, Buf	11	13	24
D.Sedin, Vcr	6	18	24
Ma.Hossa, Chi	9	14	23
Kopitar, LA	9	14	23
Pominville, Buf	8	15	23
P.Kane, Chi	7	15	22
H.Sedin, Vcr	7	15	22
Backstrom, Wash	6	16	22
Neal, Pgh	12	9	21
Seguin, Bos	11	10	21
Skinner, Car	9	12	21
Weiss, Fla	8	13	21
Smyth, Edm	11	9	20
Franzen, Det	10	10	20
T.Fleischmann, Fla	9	11	20
Nugent-Hopkins, Edm	8	12	20
Spezza, Ott	6	14	20
Plekanec, Mtl	5	15	20
J.Thornton, SJ	5	15	20

NFL

WEEK 11

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	7	3	0	.700	293	203
N.Y. Jets	5	5	0	.500	228	217
Buffalo	5	5	0	.500	237	253
Miami	3	7	0	.300	193	186

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	3	0	.700	273	166
Tennessee	5	5	0	.500	203	195
Jacksonville	3	7	0	.300	125	180
Indianapolis	0	10	0	.000	131	300

NORTH

	W	L	T	Pct	PF	PA
Baltimore	7	3	0	.700	256	176
Pittsburgh	7	3	0	.700	220	179
Cincinnati	6	4	0	.600	236	195
Cleveland	4	6	0	.400	145	193

WEST

	W	L	T	Pct	PF	PA
Oakland	6	4	0	.600	235	254
Denver	5	5	0	.500	205	247
San Diego	4	6	0	.400	236	259
Kansas City	4	6	0	.400	144	252

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	6	4	0	.600	250	206
N.Y. Giants	6	4	0	.600	228	228
Philadelphia	4	6	0	.400	237	213
Washington	3	7	0	.300	160	205

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	7	3	0	.700	313	228
Atlanta	6	4	0	.600	235	213
Tampa Bay	4	6	0	.400	182	268
Carolina	2	8	0	.200	225	286

NORTH

	W	L	T	Pct	PF	PA
Green Bay	10	0	0	1.000	355	212
Detroit	7	3	0	.700	301	219
Chicago	7	3	0	.700	268	207
Minnesota	2	8	0	.200	200	271

WEST

	W	L	T	Pct	PF	PA
San Francisco	9	1	0	.900	256	145
Seattle	4	6	0	.400	168	209
Arizona	3	7	0	.300	190	236
St. Louis	2	8	0	.200	120	247

Open: Houston, Indianapolis, New Orleans, Pittsburgh

Last night's result
New England 34, Kansas City 3

Sunday's results
Green Bay 35, Tampa Bay 26
Oakland 27, Minnesota 21
Detroit 49, Carolina 35
Dallas 27, Washington 24, OT
Cleveland 14, Jacksonville 10
Baltimore 31, Cincinnati 24
Miami 35, Buffalo 8
San Francisco 23, Arizona 7
Seattle 24, St. Louis 7
Chicago 31, San Diego 20
Atlanta 23, Tennessee 17
Philadelphia 17 N.Y. Giants 10

Thursday's results
Denver 17, N.Y. Jets 13

TENNIS

BARCLAYS ATP WORLD TOUR FINALS

Round Robin
Singles
Group A
David Ferrer (5), Spain, def. Andy Murray (3), Britain, 6-4, 7-5.
Novak Djokovic (1), Serbia, def. Tomas Berdych (7), Czech Republic, 3-6, 6-3, 7-6 (3).
Standings: Ferrer 1-0 (2-0), Djokovic 1-0 (2-1), Berdych 0-1 (1-2), Murray 0-1 (0-2).
Group B
Standings: Federer 1-0 (2-1), Nadal 1-0 (2-1), Fish 0-1 (1-2), Tsonga 0-1 (1-2).
Doubles
Group A
Robert Lindstedt, Sweden, and Horia Tecau (6), Romania, def. Mahesh Bhupathi and Leander Paes (4), India, 7-6 (6), 6-1.
Bob and Mike Bryan (1), United States, vs. Jurgen Melzer, Austria, and Philipp Petzschner (7), Germany, 6-7 (4), 7-5, 10-7 tiebreak.
Standings: Lindstedt-Tecau 1-0 (2-0), Bryan-Bryan 1-0 (2-1), Melzer-Petzschner 0-1 (1-2), Bhupathi-Paes 0-1 (0-2).
Group B
Standings: Fyrstenberg-Matkowski 1-0 (2-1), Mirnyi-**Nestor** 1-0 (2-1), Bopanna-Qureshi 0-1 (1-2), Llodra-Zimonjic 0-1 (1-2).

FOOTBALL

CIS PLAYOFFS

Friday's results
All times Eastern

UTECK BOWL
At Moncton, N.B.
McMaster 45 Acadia 21

MITCHELL BOWL
Laval 41 Calgary 10
Friday, Nov. 25

VANIER CUP
At Vancouver
Uteck vs. Mitchell Bowl winners, 9 p.m.

SOCCER

MLS PLAYOFFS

MLS CUP
Sunday's result
At Carson, Calif.
Los Angeles 1 Houston 0

ENGLAND

PREMIER LEAGUE
Yesterday's result
Tottenham Hotspur 2 Aston Villa 0

SPAIN

PRIMERA DIVISIÓN
Yesterday's result
Racing Santander 1 Málaga 3

CFL PLAYOFFS

DIVISION FINALS

Sunday's results
EAST
Winnipeg 19 Hamilton 3
WEST
B.C. 40 Edmonton 23

99TH GREY CUP

Sunday, Nov. 27
At Vancouver
All times Eastern
Winnipeg vs. B.C. , 6:30 p.m.

TRANSACTIONS

MLB

AMERICAN LEAGUE
BALTIMORE ORIOLES—Agreed to terms with INF Matt Antonelli on a one-year contract.

NATIONAL LEAGUE
PHILADELPHIA PHILLIES—Named Dusty Wathan manager of Reading (EL); Chris Truby manager of Clearwater (FSL); Mickey Morandini manager and Les Lancaster pitching coach for Lakewood (SAL); Andy Tracy manager and Aaron Fultz pitching coach for Williamsport (NYP); Andy Abad outfield/baserunning coordinator and Jorge Velandia assistant field coordinator.
PITTSBURGH PIRATES—Agreed to terms with INF Clint Barmes on a two-year contract.
ST. LOUIS CARDINALS—Named Ron Warner manager of Memphis (PCL); Mike Shildt manager and Bryan Eversgerd pitching coach for Springfield (Texas); Johnny Rodriguez manager of Palm Beach (FSL); Luis Aguayo manager and Arthurs Adams pitching coach for Quad Cities (MWL); Oliver Marmol manager of Johnson City (Appalachian); and Tim Leveque pitching coach for the GCL Cardinals.

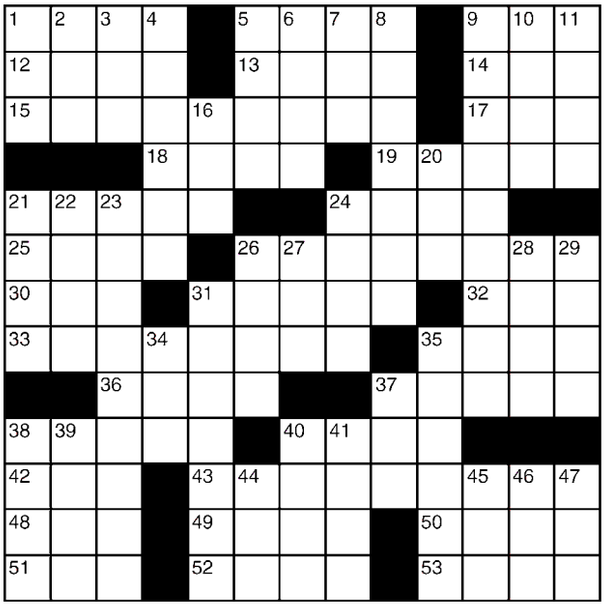
NFL

NFL—Fined New York Jets coach Rex Ryan $75,000 for using profanity while angrily responding to a fan at halftime of New York's loss to New England on No. 13.
NEW YORK JETS—Signed LB Eddie Jones to the practice squad. Released LB Ricky Sapp from the practice squad.

HOCKEY

NHL—Fined Buffalo F Patrick Kaleta $2,500 for high sticking Phoenix D Derek Morris in a Nov. 19 game. Fined San Jose F Ryane Clowe $2,500 for slashing Dallas D Stephane Robidas in a Nov. 19 game.
CAROLINA HURRICANES—Recalled F Brett Sutter from Charlotte (AHL). Reassigned F Zach Boychuk and F Zac Dalpe to Charlotte.
COLUMBUS BLUE JACKETS—Recalled G Allen York from Springfield (AHL). Assigned LW Matt Calvert to Springfield.
DETROIT RED WINGS—Reassigned D Gleason Fournier from Grand Rapids (AHL) to Toledo (ECHL).
PHOENIX COYOTES—Recalled D Maxim Goncharov from Portland (AHL).

Crossword



Across

1 Perjured oneself
5 Start from scratch
9 Craze
12 Farm fraction
13 Fermi's tidbit
14 Salt Lake athlete
15 Sprout
17 Depressed
18 Elevator name
19 Uncomfortable, as a mattress
21 Denominations
24 "Frasier" actress Gilpin
25 Verifiable
26 Light snowfalls
30 Have a bug
31 Pops
32 Hearty brew
33 Bring to mind
35 Pack cargo
36 Levin and Gershwin
37 Verses
38 Huge mistake
40 Hawaiian island
42 Literary collection
43 End
48 Performance
49 Therefore
50 Two-way
51 Witness
52 Beams of sunlight
53 Read cursorily

Down

1 Trail the pack
2 Lemieux milieu
3 Goof up
4 Remove a stripe, maybe
5 Hindu royal
6 Greek vowels
7 Web address
component
8 Brunch entrees
9 Denounce
10 On
11 Moist in the morn
16 Where — at
20 Spoon-bender Geller
21 Celebrity
22 One of HOMES
23 Reach a peak
24 Carson's predecessor
26 Corn castoffs
27 Rhyming tribute
28 Latch (onto)
29 Stitches
31 "Are You — Than a 5th Grader?"
34 Before
35 Noises
37 — Beta Kappa
38 Sheepish remarks?
39 Formerly
40 Group revelry
41 Andy's pal, on old radio
44 Historic time
45 Arctic diving bird
46 Mai — (cocktail)
47 Shade provider

▶ Yesterday's answer

A	L	T	S	■	S	I	R	■	S	A	G	S
R	E	L	I	A	N	C	E	■	C	L	U	E
K	I	C	K	B	A	C	K	■	R	A	R	E
■	■	■	K	E	G	■	I	C	A	R	U	S
L	I	M	I	T	■	S	N	O	W	■	■	■
A	D	A	M	■	P	A	D	D	L	E	S	■
B	E	Y	■	T	R	U	L	Y	■	W	A	S
■	S	O	M	E	O	N	E	■	P	E	R	U
■	■	■	E	R	M	A	■	A	E	R	I	E
S	A	L	A	M	I	■	O	W	E	■	■	■
P	L	U	G	■	S	I	D	E	K	I	C	K
A	O	N	E	■	E	V	I	D	E	N	C	E
S	E	A	R	■	S	E	N	■	D	A	L	Y

Sudoku

8			3		2			7
	3		4		1		6	
		7				1		
		3	8		6	2		
9								5
		4	5		3	7		
		6				9		
	7		6		9		5	
1			2		4			3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	5	6	4	1	8	9	3	7
1	8	9	3	5	7	6	4	2
3	7	4	2	9	6	5	8	1
4	1	5	6	7	3	8	2	9
6	9	3	5	8	2	1	7	4
8	2	7	9	4	1	3	6	5
7	6	2	1	3	9	4	5	8
5	3	1	8	2	4	7	9	6
9	4	8	7	6	5	2	1	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Stephen, Welcome home!!!! I missed you very much, It's going to be your birthday soon woohooo 20 yrs old wow Where has the time gone, I remember just like it were yesterday you waking up every half hour for something to eat you were alway hungry I guess that hasn't changed Hahaha, I love you Stephen with all my heart. **MOMMY**

Stefan LP, You are the reason I wake up every morning with a smile on my face. Knowing you are there for me is the only thing I need to get me through the day. Everyone doubts this will last; let's prove them wrong! Love you baby! **YOUR BUTTERSCOTCH COOKIE**

Bee, Thanks for the greatest 6 months babe. Your the best and I feel lucky everyday for having you. I love you bee. **RDOMO**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -7°	Min -4°	Min -7°
Max 8°	Max 11°	Max 2°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 What you did before is irrelevant – it's what you do next that counts.

♉ Taurus April 21-May 21 Don't let minor setbacks worry you because overall your prospects are remarkably good.

♊ Gemini May 22-June 21 You can and you must be more open with those you live, work and do business with.

♋ Cancer June 22-July 22 If you can't beat it you might as well enjoy it.

♌ Leo July 23-Aug.23 You have always been adventurous, but over the next few weeks there will be no limits at all.

♍ Virgo Aug. 24- Sept. 22 Don't keep your dreams to yourself – share them with family and friends you can trust.

♎ Libra Sept. 23-Oct. 23 The Sun's change of signs means a change of scene will do you the world of good.

♏ Scorpio Oct. 24-Nov. 22 Your confidence may dip a bit today, but you'll be back to your best very soon.

♐ Sagittarius Nov. 23-Dec. 21 Identify your goal, and soon you will reach it.

♑ Capricorn Dec. 22-Jan. 20 Some kind of hidden knowledge will be revealed to you today and if you are smart you will make good use of it.

♒ Aquarius Jan. 21-Feb. 18 If you make an effort to get out into the world today you may meet someone who inspires you to believe that people are not so bad after all.

♓ Pisces Feb. 19-March 20. Cosmic activity in the career area of your chart means you will enjoy some kind of good fortune on the work front today and, most likely, for the rest of the week.

SALLY BROMPTON

Caption contest

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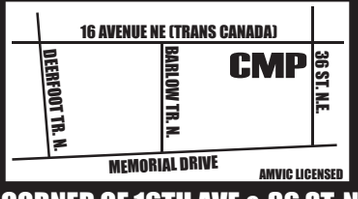

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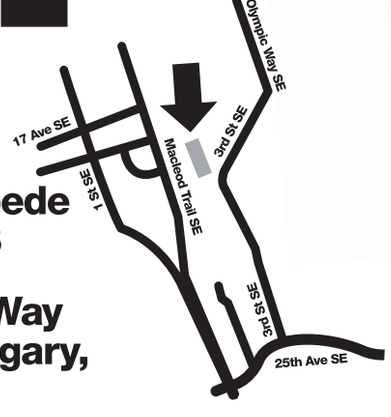

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